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metroNEWS

Policeman offers up act of kindness

GOOD SAMARITAN

**Mystery man
helps pay for
family's bill**



**Lucie
Edwardson**
Metro | Calgary

A mysterious man in blue has made a meaningful impact on the lives of a struggling Calgary mother and her children, and it hasn't gone unnoticed.

Dena Bridges said she was shopping at the Forest Lawn Sobeys, when she witnessed a Calgary police officer in the frozen pizza section with a little boy.

"The kid was so pumped about it and you could just tell it wasn't his kid," she said.

Bridges said the officer proceeded to help the boy's mom with her grocery shopping, even encouraging nutritious options.

But it's what the officer did at the end that was the cherry on top. "He took her through the checkout very inconspicuously, and literally just put the groceries through and swiped his own card," she said. "It was so sweet, I was a blubbering mess in the other aisle."

The CPS was aware of the event, and it was mentioned on their Facebook page.

Bridges said she could tell the mother was down on her luck.

"She was so grateful. You could tell it was awkward for her but he didn't let it be," she said. "He smiled at her and just made sure she had the basic things she needed."

Bridges said she doesn't know what led up to it, but said it warmed her to see the thoughtfulness of the officer. "I don't think he'll ever know the impact he made, but in regards to heroes and mentorship, that little boy was so excited to have him there."



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Manhole design a low art

CITYSCAPE

Artists called upon to inject Calgary culture into city streets



Jeremy Simes
For Metro | Calgary

Have you ever spotted a piece of artwork underneath your feet?

Look down — you could be standing on one right now.

Yes, it's a manhole, or a "biscuit." But not just any manhole — it's one that's been specifically designed by your local artist.

And expect more of these crafty coverings — the city put out an application call to artists to develop new manhole designs that will dot Calgary.

In fact, there will be 2,000 of them come spring 2016, according to Teresa Byrne, superintendent with arts and culture at the city.

"They're going to be unique to Calgary," she said. "They will reflect the thoughts and feeling of the city."

She couldn't say if the new



Calgary artist Garry Williams created the Chinook manhole. Bottom photos, from left: A manhole inspired by animals in Australia; an artist's manhole in Vancouver; a colourful firefighter manhole found in Japan. JENNIFER FRIESEN/FOR METRO; DINKAM/WIKIPEDIA COMMONS; DADEROT/WIKIPEDIA COMMONS; VCARCELR / WIKIPEDIA COMMONS

manholes will reflect the communities they'll reside in, or if they'll represent the city as a whole.

"We will consider both options," she said. "It's really up to what the artists present to us and where they want to go with it."

Local artist Eric Moschopedis — who's been involved in public art projects — said he always takes a look at the city's manholes when he walks around.

"I really appreciate

seeing art, quite literally, at street level," he said. "I think that this particular program is an excellent opportunity for a few artists to create something that can be experienced across the city."

Byrne said there's a reason for all of this specialized imprinting.

"Any time you're creating

a vibrant and interesting city, you need to have those interesting elements to discover and explore," she said. "Why do we paint our houses? And why do we plant flower beds? It's because we want to make our spaces interesting, and I think these various manholes encourage us to get out and see the world

around us."

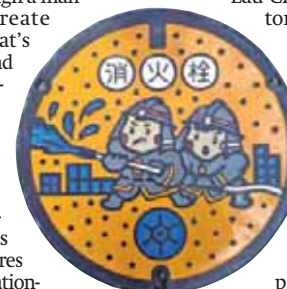
Moschopedis said he won't apply for this initiative but, if he were to design a manhole, he'd create something that's both visually and texturally pleasing.

Plus, he said he would research the city's sewer network — which spans 12,000 kilometres — to add education-

al tidbits.

Currently, you can spot some specialized sewer coverings in Eau Claire and Kensington, and along Stephen's Avenue, 7th Avenue and 17th.

If you're up to be the city's next manhole designer, you can apply at the city's website. The deadline is Jan. 8 at 4 p.m.



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Report recommends open system for taxis, ride-sharing

TRANSPORT

Competition Bureau says regulations need overhaul



Helen Pike
Metro | Calgary

As Canadian municipalities grapple with Uber, a disruptive technology in a long-regulated taxi industry, a federal body has stepped in with a report underlining some guidelines — effectively asking for an open system and deregulation of cabs as we know them.

The report, released by the Competition Bureau, recommends a complete overhaul to allow both cabs and ride-share drivers to coexist on an even playing field. It underlines recommendations such as eliminating taxi plate licence caps, allowing all drivers to accept street hails and provide drivers with incentives for operating accessible vehicles.

“The arrival of ride-sharing services presents an important opportunity for regulators — an opportunity to inject increased competition into the taxi industry by creating a single, level playing field for all. Consumers would benefit from competitive prices on a variety of innovative choices, while all service providers would have an equal chance to compete,” read a statement from the Competition Board’s Commissioner John Pecman.

In the past month, the City of Calgary has taken strides in its own regulation battle, opening the door for Uber and other

ride-share companies to operate legally and safely on the grid.

“We’re continuing to draft a bylaw amendment for council’s consideration that will allow an open-hybrid system,” said City of Calgary spokeswoman Viki McGrath. “This will allow network companies such as Uber to operate in Calgary once they meet the safety concerns and requirements that we think are important.”

The city hasn’t yet reviewed the bureau’s report and didn’t think it would be appropriate to comment directly on it.

In Edmonton, where bylaw talks are still underway, Don Iveson said they’re planning on changing regulations.

“We have talked about lessening the regulatory burden considerably on cabs, while at the same time ensuring there is sufficient public safety regulation, not competitive regulation, in place for private transportation providers like Uber,” said Iveson. “I think what the Competition Bureau is saying is consistent. I think (that’s) where we are headed with our new bylaw.”

Uber ceased operations in Calgary after a city judge granted an injunction last week, but it’s continuing to operate in Edmonton.

Uber spokesman Jean-Christophe De Le Rue wrote in a statement Thursday that the company is pleased with the Competition Bureau’s findings.

“We are encouraged by the Competition Bureau’s findings and will continue to work with municipal and provincial officials across Canada to create regulations that allow innovation and competition across the on-demand transportation market.” WITH FILES FROM RYAN TUMILTY



Uber has come under fire in a number of municipalities for its operations. METRO FILE PHOTO

+ AN UBER TIMELINE IN CALGARY

Uber had a short but mighty run in Calgary before it was shut down after the city won a court injunction against the drivers, who the justice found were operating illegally. Here’s a timeline to show how things went down.

Oct. 15: Uber launches in Calgary against the city’s will. City responds by starting a covert enforcement

operation.

Oct. 30: After a week of silence, officials call a press conference and tell reporters they have handed out “numerous” tickets. There have been 39 charges in total against 15 people.

Nov. 9: City files an injunction to halt Uber driver operation. It asks for the power to arrest drivers

and imprison them.

Nov. 12: Calgary councillors debate administration recommendations to regulate vehicles-for hire; they settle on a hybrid model.

Nov. 20: City’s interim injunction is granted by Alberta court.

Nov. 21: Uber ceases operations in Calgary.

1,752

The number of partner drivers operating in Calgary after Uber’s two-week operation. This is up from the 500 drivers who were signed on at the ride-share company’s launch.

45,384

The number of riders signed up in Calgary at the peak of Uber operations.

58,444

The number of rides offered by Uber drivers to Calgarians in the weeks that operations were underway. To compare, in October 2014 the city recorded 573,119 taxi trips.

11

The number of months Uber has been operating in Edmonton. During that time more than 2,000 drivers have signed up as partners and continue to offer services today.

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MEMORIAL

Funeral date set for Bhullar

A state memorial service for a Calgary MLA killed while helping a motorist in a snowstorm will be held on Sunday.

Manmeet Bhullar, who represented the riding of Calgary-Greenway, was on his way to Edmonton from Calgary on Monday afternoon.

The 35-year-old stopped to help after a vehicle rolled on an icy, snowy stretch of the QE2 Highway north of

Red Deer.

As he got out of his vehicle he was struck in the median by a semi that had lost control.

He later died in hospital. On Wednesday, fellow MLAs paid tribute to Bhullar with emotional messages at the Alberta Legislature.

The memorial service starts at noon at Southern Alberta Jubilee Auditorium,

VIEWING

A viewing will be held from 9 a.m. to 11 a.m. at Southern Alberta Jubilee Auditorium.

and is open to the public.

Bhullar was first elected in 2008 and held several cabinet posts. THE CANADIAN PRESS

Murder suspect fit for trial: RCMP

RULING

More time requested for 'voluminous' case review

RCMP say the man accused of killing a two-year-old southwestern Alberta girl and her father has been found fit to stand trial.

Derek Saretzky, 22, is charged with first-degree murder in the September deaths of Hailey Dunbar-Blanchette and her father Terry Blanchette.

He is also charged with committing indignity to a body in the girl's case.

RCMP say the Alberta Crown informed police of the ruling on Wednesday.

Saretzky appeared via closed-circuit television from the Calgary Remand Centre in a Lethbridge courtroom on Thursday. He said little during the brief appearance.

Saretzky was initially sent for a 30-day review of his mental health, but last month a judge was told that doctors at the Southern Alberta Forensic Psychiatric Centre in Calgary needed more time for their analysis.

Lawyer Wade Hlady, acting as agent for Edmonton lawyer Peter Northcott, said the fitness assessment had only been received Wednesday.

BACKGROUND

Derek Saretzky was arrested in the Crownsnest Pass area after Terry Blanchette, 27, was found dead in his Blairmore home on Sept. 14, and a widespread Amber Alert



Victims Terry Blanchette and his daughter Hailey Dunbar-Blanchette. THE CANADIAN PRESS/FACEBOOK, TERRY BLANCHETTE

As a result, he requested the case be adjourned until Feb. 26 to give Northcott sufficient time to review what the Crown referred to as a

"voluminous" amount of material.

"The Crown indicated that the initial disclosure package would be available some time in December and it is quite extensive."

Hlady said he was unaware of any of the information contained in the assessment nor could he confirm reports that Saretzky had been hospitalized as a result of going on a hunger strike.

THE CANADIAN PRESS

NOVEMBER 27-29

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EDMONTON

Babysitter faces child exploitation charges



Andrea Ross
Metro | Edmonton

An Edmonton babysitter who advertised his services on Kijiji is facing child sexual exploitation charges after police were tipped off to child pornography being shared online.

Jason Michael Campbell, 36, is charged with possessing, accessing and distributing child

pornography. He was arrested at his west Edmonton home on Nov. 23 after a quick investigation by the Alberta Law Enforcement Response Team.

The investigation began on Nov. 18 after the RCMP's National Child Exploitation Coordination Centre notified ALERT that an Edmonton man was suspected of uploading images of child exploitation. ALERT fast-tracked the investigation after learning the man was a babysitter.

ALERT spokesman Mike Tucker said several electronic devices were seized, containing tens of thousands of photos and videos of child pornography.

"It's very disturbing," Tucker said.

Campbell had been providing child-minding and babysitting services in Edmonton for the past 16 years through Kijiji. He had no specific babysitting qualifications, Tucker said.

Police say there is no indi-

cation children in Campbell's care were sexually exploited, but there is evidence that Campbell was uploading child pornography online while children were in his care.

He has no prior convictions. Tucker said police were "aware" of him, but wouldn't say why.

Tucker said any parents or children with information about him are encouraged to speak with police. Campbell remains in police custody.



Staff Sgt. Martin Schiavetta displays some of the weapons and fentanyl seized during CPS raids. LUCIE EDWARDS/METRO

3 charged in drug bust

FENTANYL

Trafficking scheme active for at least last two months



Lucie Edwardson
Metro | Calgary

After an intensive two-month-long investigation, Calgary police have charged three people, including a minor, in relation to a drug operation.

Staff Sgt. Martin Schiavetta said they raided three homes Nov. 19, one in the 0-100 block of Templemont Lane NE, another in the 0-100 block of Rundelawn Place NE, and the final one in the 0-100 block of Coral Sands Place NE. Three other warrants were executed on vehicles related to the investigation.

Schiavetta said CPS believes the individuals charged to be a part of a large fentanyl trafficking scheme, active for at least the last two months in Calgary.

"Not only was \$68,400 of drugs seized, but seven weapons that pose a significant risk to public safety were also seized," he said.

Schiavetta said CPS will be cross-referencing the weapons to see if they're related to any of the recent shootings in Calgary.

The following people face several drug and weapons charges in relation to the bust, which Schiavetta said came as a result of a Crime Stoppers tip.

Saro Pireh, 19, of Calgary. Pireh appeared in court on Monday.

Khalil Hijazi, 23, of Calgary. Hijazi also appeared in court on Monday.

A 17-year-old man from Calgary, has also been charged. He will next appear in court Nov. 30.

The investigation continues and further charges may be laid.

Schiavetta said CPS recently received analysis from Health Canada back on other fentanyl seized and the test results are frightening.

"They're coming back positive for three times the lethal dose," he said. "Obviously this is a significant health risk to our city right now."

This is the second large bust made by CPS in recent months. Schiavetta also said he is confident that a tip received from the public will lead them to a clandestine lab manufacturing the drugs.

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POLICE

Truck thief slip-slidin' away

A woman is in custody after she allegedly stole a vehicle — twice.

And crashed it — twice.

Police say a Ford F-350 truck was stolen on Cranfield Manor SE early Nov. 24. After the vehicle was started, the thief tried to drive it away but hit another parked vehicle a few feet away.

At that point police said a suspect fled the scene.

The vehicle owner discovered the attempted theft around 7:30 a.m., and contacted police, but wasn't able to shut the vehicle off because of damage to the ignition.

While the owner waited inside for police, a woman dashed into the running truck and started driving it away. The owner gave chase — and then watched the vehicle lose

control on the slick roads and get stuck in a neighbour's driveway.

The driver fled, jumping into another running car, but police stopped that vehicle later and arrested a woman.

Kayla Lynn-Ann Russell, 28, of Calgary, faces several charges including one count of driving without a licence.

METRO



ACAD students are sounding the alarm on proposed shortening of class time. METRO FILE

Class proposals rile art students

ACAD

College says timetable shift will permit new enrolment



Helen Pike
Metro | Calgary

Students at the Alberta College of Art and Design are speaking out about changes coming into effect to next year's timetables that could see class times go from two blocks of six hours to one 4-1/2-hour block.

The change is in line with the college's plans to restructure operations in order to eventually double available student spaces and offer more classes.

A student-association-organized town hall broke the news to scholars in early November.

"We've been looking at the timetable and adjusting the curriculum and advancing our program growth for a number of months," said Kim Goslin, ACAD's curriculum coordinator. "As we move forward in preparation for next fall there are things we have to get in place, we have to pass through our academic council, we have to share with our students."

Chase Key, president of the student association ACADSA, said the school wasn't planning to bring their plans to the student body at large and there are many concerns over the changes.

"I've been making it extremely public to the students," Key said.

Goslin said the academic council and board all have student representatives involved in conversations.

"The concern is we're already cramped for space, so if

we double enrolment within those classes the fear is there won't be enough access to the facilities for students to actually use them effectively," Key said.

"A large majority of students and faculty voiced concerns on the issue but it is still moving forward within the administration."

Goslin said the change will actually help the school free up space for students while offering more courses. Currently, the school says some students don't complete the full six hours of studio time — which means classrooms may sit empty.

"What we're noticing is students are leaving, kind of, half-way through or later on to go do the many other things students have to do," Goslin said. "What we're trying to actually do as part of that adjustment, and more importantly is to open up our studio time."

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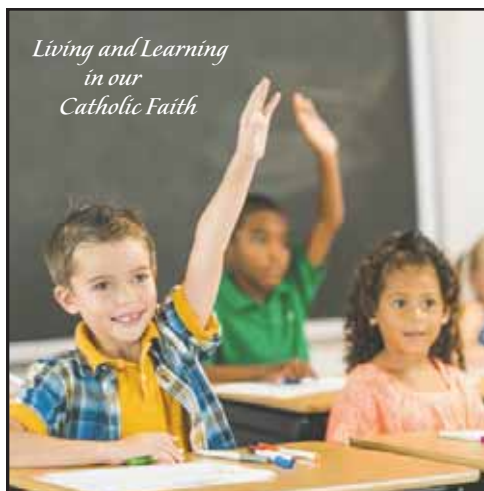
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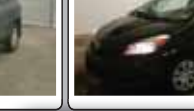
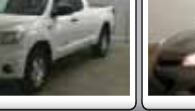
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From left: **Const. Ottis Scott-Sabula, Const. Trevor Marquis and Staff Sgt. Todd Robinson, all wearing cameras, to be issued to all relevant members by 2017.** LUCIE EDWARDSON/METRO

All frontline police to wear body cams

LAW ENFORCEMENT

Pilot 'money well spent' in figuring out best practices



Lucie Edwardson
Metro | Calgary

The Calgary Police Service (CPS) is set to lead the way in Canada by expanding its body-worn camera program to all frontline members in the coming years.

"With that comes an enormous amount of responsibility to ensure all the appropriate policies, procedures and privacy concerns are addressed," said deputy chief Paul Cook.

Staff Sgt. Todd Robinson, the project lead, said the expansion will begin over the next few months.

He said that although CPS is one of the first law-enforcement agencies in Canada to

use this technology, the service has benefited by learning from agencies in the U.K. and U.S.

Members of District 1 and traffic enforcement have been testing the cameras since August, said Robinson.

CPS did a six-month pilot with body-worn cameras in 2012. Robinson said 50 officers in different areas of the city were given the cameras.

"The total cost of that project was \$60,000," he said. "That in my opinion was money well spent. It helped us create a really good template for moving forward and deciding what're we going to need to make this program useful."

CPS anticipates all uniformed frontline members will be wearing body cameras by the end of 2016 or the beginning of 2017. In a recent survey, 91 per cent of Calgarians said they were supportive of officers using the cameras.

Robinson said CPS has worked closely with the privacy commissioner, who had

GOALS

- Collection of evidence
- Enhance transparency, public trust and confidence
- Enhance officer accountability and professionalism
- Protect officers from unfounded allegations of misconduct
- De-escalate situations

previously expressed concerns, and has come up with policies and procedures the commissioner now supports.

The cameras will not run throughout an officer's entire shift, but rather a maximum of three hours. Robinson said footage will be reviewed by the officer wearing the camera when evidence is required.

The service will embark on a public-awareness campaign to ensure Calgarians know that when they interact with a uniformed officer, there is a possibility the interaction is being captured on camera.

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Charitable donations down

PHILANTHROPY

Yet spirits up for helpful organizations in Calgary



Lucie Edwardson
Metro | Calgary

The economic slump doesn't discriminate, and Calgary organizations who serve the city's vulnerable are no exception.

Lucy Miller, CEO of the United Way Calgary, said they've been feeling the impact of tough economic times just as much as anybody else.

Miller said the need for the services supported and offered by the United Way, which funds more than 300 programs and initiatives, has risen, while donations are down and funds are dwindling.

"The need is great this year and it's a hard year for donations," she said.

But, Miller said Calgarians who can afford it aren't holding out. "The people who can step up, they really are, Calgarians



With the economic slump in Calgary, **donations are down at the United Way**, while need has spiked at many of its partner organizations. METRO FILE

are good in difficult times and if they can help they're trying to do that. That is so important this year."

Miller said if there was ever a year where donations and

generosity was needed, it's this year.

As an example of the increased need, Miller said there has been a 300-call bump to the Calgary women's emergency

centre since the beginning of the year and a 91 per cent increase in calls to the Calgary counselling centre.

"Our basic needs aren't being met," she said. "We just

can't keep enough in there."

Kerry Longpré, vice-president of communications for the Calgary Foundation, said they anticipate donations could take a hit.

"We are aware that many of our donors are also feeling the stress of these times; we anticipate our donations may be reduced," she said.

Longpré said, however, that due to good money management, the Calgary Foundation does have "significant funds to distribute to the community."

"Given that, what we're looking at are the different areas of the community that will be hardest hit," she said. "We've established vital priorities around poverty, wellness and increased support of aboriginal youth."

Longpré said because "we are best when we work together," it's a distinct possibility they will team up with other funding organizations in the city.

"This might be an opportunity for us to ask how we can work together," she said. "They might be doing similar work and there could be some economies (of scale) by working together. That is going to be the really important piece of how we'll survive as the charitable community and the greater community is how we work together."

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Insp. Chris Butler said police are **searching for two East Indian males** in relation to the case. LUCIE EDWARDSON/METRO

Police investigate shooting

CRIME

Two persons of interest remain at large



Lucie Edwardson
Metro | Calgary

Calgary police are investigating an officer-involved shooting that

occurred in the community of Falconridge on Thursday.

Insp. Chris Butler said an officer was dispatched to a disturbance call in the 0-100 block of Castleridge Crescent NE.

"The initial call for help came from someone inside the home who said two men were at the address threatening to shoot one of the residents," he said.

Butler said the offenders left prior to police arriving, but officers were told to look out for

a red Pontiac.

Shortly after, an officer saw a red Pontiac with two occupants and followed it while waiting for backup. According to police, the vehicle came to a sudden stop on Fallingworth Court NE, and the occupants jumped out.

Butler said the officer believed one was holding a handgun.

The officer drew his weapon and fired at the suspects, who ran from the area and haven't been located. It's unknown if

either were hit.

Police were subsequently called to a home on the 0-100 block of Falchurh Cres. NE. for a reported vehicle theft of a white Ford Escape with the Alberta plate BNH9728, with Johnson Controls across the side.

Police have two persons of interest in this case.

Both suspects are East Indian males, one in his late 20s and the other in his early 30s. They're both around five-foot-eight.

LITERACY

Retro library truck spreads the word

No matter where you live, how new or old your community, the Calgary Public Library is on the move, ready to serve you.

A retro idea is in the library's future plans to make reading more accessible to as many communities as possible. Meet the book truck — one of the new outreach tools the library is rolling out in the new year.

"We're already doing a lot of outreach, but this really seems to up our game a lot," said Bill Ptacek, CEO of the Calgary Public Library. "We're pretty excited about it."

It's been 25 years since the library has had a bookmobile, and the new addition isn't your average vehicle. The book truck — a playful take on the ever-so-popular food truck — is tricked out with solar panels and patron comforts. The collections can be switched out for the occasion depending on what doorstep the bus is visiting.

Jackie Flowers, service design lead at the Calgary Public Library, has been a driving force behind the project — literally.

"Having done a number of visits to Calgary housing com-

plexes in other roles with the library, I know that if you drove something like this into a community that had never seen it before, all of the sudden books and reading is cool and the kids want to come on board, and that's the first step in becoming a reader — to get excited about books," Flowers said.

"And for communities that are just springing up all over the city, and that don't have access to a lot of services or amenities, this is like bringing a library ahead of schedule."

Another reason for the truck, Ptacek pointed out, is that it can hit different types communities and cultures who may not have easy access to books, which is one of the reasons they've created a versatile bus to switch out collections to include kids books, teen, adult, and different languages.

Once available, interested patrons can track the bus via a schedule. The first set of book trucks should be ready for January 2016, and if all goes well the fleet may double next year.

HELEN PIKE/METRO, WITH FILES FROM JENNIFER FRIESEN



Jackie Flowers has been the driving force behind a new project to bring books to as many communities as possible.

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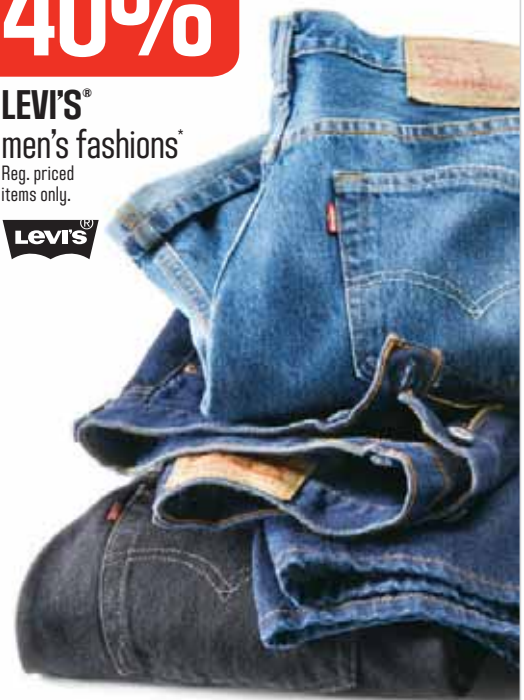
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NE114G415

Traversing the Arctic for answers

ENVIRONMENT

Director to examine ships' logs for climate data



Jennifer Friesen
For Metro

It will take studied mind, a keen eye for handwriting and a whole lot of patience, but Maribeth Murray will spend the next four years poring over old ships' logs looking to fill a historical gap.

While out at sea, captains would record temperature, barometric pressure and sea ice conditions daily as a part of standard procedure, and Murray hopes to tap into that knowledge to uncover climate data.

"There's a lot of environmental data in those logs," she



Maribeth Murray, director of the Arctic Institute of North America, has received funding for her project to scour old ships' logs to follow climate changes for the past 400 years.

JENNIFER FRIESEN / FOR METRO

said. "So what we're trying to do is establish some baseline information about what was going on with Arctic climate, prior to the use of satellite data

and standardized instrumentation of weather."

Murray, director of the Arctic Institute of North America at the University of Calgary, re-

ceived funding for her project to scour the ships' logs from Canadian Arctic exploration and whaling and sea hunting voyages to observe climate



Addressing climate change is probably the biggest scientific challenge that we have.

Maribeth Murray

change.

With \$245,000 from the Social Sciences and Humanities Research Council, she's organized a team of five to track down museum archives to "establish what things looked like" in the Arctic before the last century.

"For me, I think that addressing climate change is probably the biggest scientific challenge that we have as a species," she said. "I think that (my work) can contribute to a better understanding of how the Arctic, as a system, works."

Murray added that changes in the Arctic effect the rest of the planet, acting as a "canary in a coal mine."

"Sometimes it's called Arctic amplification," she said, not-

ing that from 1960 to 2011, temperature in the Western Arctic has jumped more than two degrees, which is more than the rest of the planet.

Murray will begin her search through records at the Hudson's Bay and then move through partners in the United States and the United Kingdom. Combined, the information in the ships' logs will go back as far as 400 years.

"Changes in these things have an impact on weather in mid-latitude areas and they have an impact on global sea level," she said. "They have an impact, I think, in ways a lot of people haven't necessarily thought about with respect to their daily lives, and that includes people here in Alberta."



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MCDONALD'S

Customers order by touch



Brodie Thomas
Metro | Calgary

There's something new to add to the list of things one can do on a touchscreen — ordering a Big Mac and fries.

Twelve of Calgary's McDonald's restaurants now have touchscreen kiosks that allow customers to place an order and pay by debit or credit card.

Danielle Jang, regional communications manager for McDonald's Canada, said the kiosks are just part of several changes the company is rolling out.

Many restaurants are now offering a "create your taste" counter where customers can build their own burger with the toppings they choose. Table



Touchscreen kiosks can now be found in some Calgary McDonald's restaurants.

COURTESY MCDONALD'S CANADA

service is also being offered in some locations.

Jang said the order kiosks will not replace any employees at the counter. Instead, customers now have the choice in how they'd like to order.

"It's not about taking positions away," said Jang. "We have more people working in our restaurants now."

For instance, restaurants will also have a greeter, who will assist customers with the kiosks if they need help.

Randy Connolly, computer science professor at Mount Royal University, said automation doesn't always bring with it job losses.

Canada lost many manufacturing jobs to automation in the 1970s and 1980s, but worldwide there are now more manufacturing jobs than ever, according to Connolly.

He said generally that's a win-win for the countries that now have those jobs, and for Canadians who get cheaper goods and work in other sectors.



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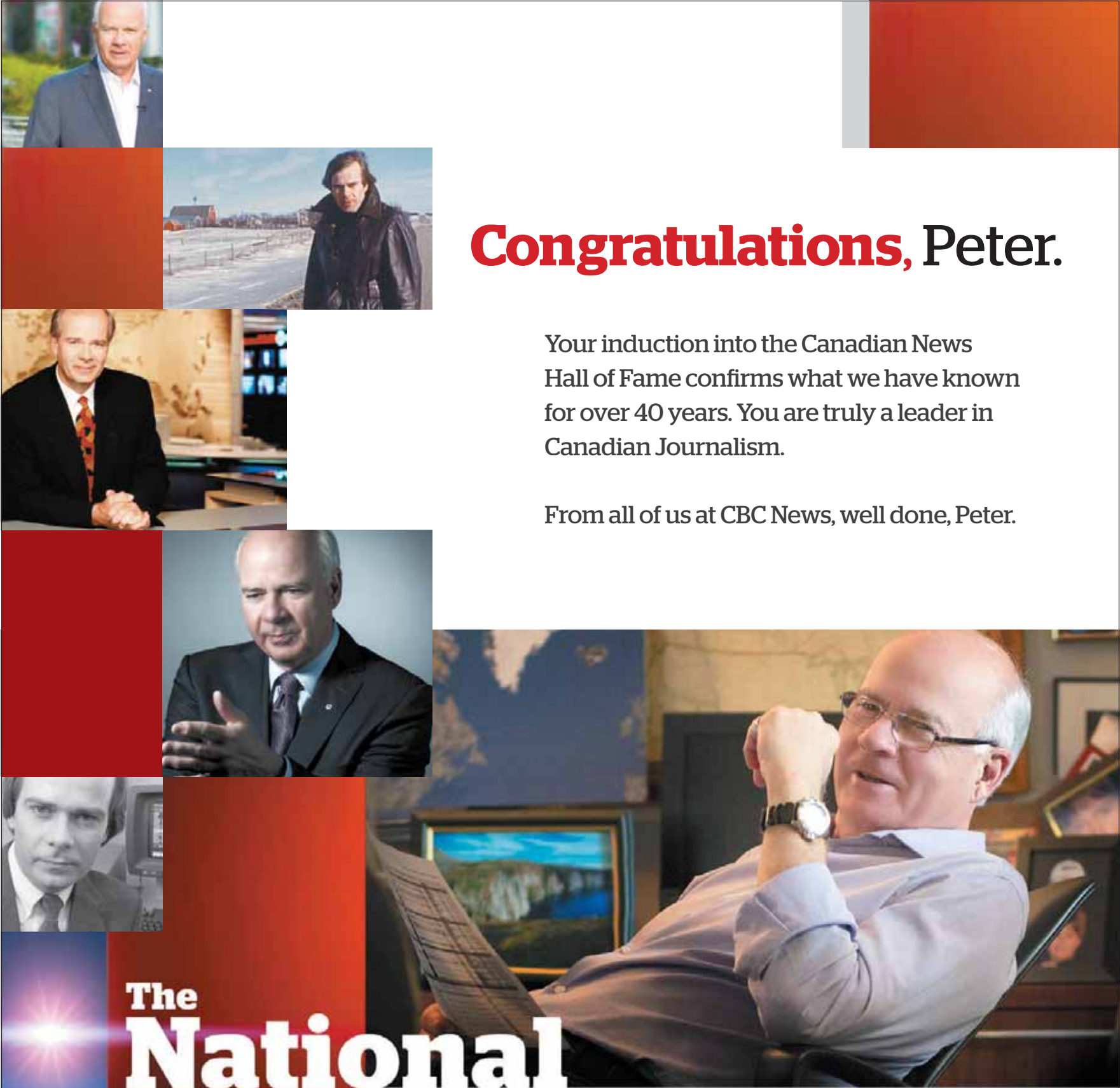
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CLIMATE CHANGE

Industry urges NDP to rethink coal plan

The president of the Coal Association of Canada says Alberta's plan to phase out coal-fired power plants by 2030 will throw people out of work, hurt rural communities and undermine industries by boosting electricity costs.

Robin Campbell said the NDP government should instead invest in new technologies to help retrofit the plants so they can continue to burn coal, but with less pollution.

"We think the government should be investing in new technology and research to do a better job of reducing emissions," Campbell said.

"Making sure that we don't lose our competitive advantage when it comes to our other industries in the province that depend on electricity."

Campbell said the government could use money from Alberta's Climate Change and Emissions Management Fund,

which large industrial companies pay into when they can't meet their greenhouse gas reduction targets.

Along with the coal companies, about 3,000 miners as well as rural communities such as Hanna, Forestburg, Battle River, Wainwright, Wabamun and Keephills would be affected by the plant shutdowns, he warned.

"There is a lot of uncertainty out there and people are definitely concerned about their

livelihoods and their families and their homes," said Campbell, a former Alberta Progressive Conservative finance and environment minister.

Alberta's climate change strategy includes introducing a broad-based carbon tax that would apply across the economy and phasing out coal-fired power generation.

These plants produce more than half of Alberta's power.

THE CANADIAN PRESS

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Norm Payeur has a piano free for the taking — as long as you've got some strong friends with a truck. He's not touching it. BRODIE THOMAS/METRO

Kijiji awash in free pianos

LISTINGS

Logistics of moving heavy instruments an obstacle



Brodie Thomas
Metro | Calgary

On any given day, in the free section of Kijiji in Calgary, you're likely to find a piano or two.

Behind each one is a similar sort of story.

David Van Dyke posted a free piano for a family friend. He said they're moving into a new house but don't want to move it.

"They're so bloody heavy," said Van Dyke. "Unless you've got a couple cases of beer and a couple strong friends."

He said he hopes the piano does find a new home.

"If not, it could be fuel for the barbecue," he said.

Norm Payeur got his piano

on a whim from his son-in-law, who was giving it away.

Three years later, he's decided it's just taking up too much room. Because it's free, he's up-front about the quality of the instrument.

"It took a good beating when we were trying to get it in through the doorway," said Payeur.

He's had the piano listed for over a month and has had quite a few calls, but everyone seems to have the same issue.

"The last person who called me wanted to know if I had a truck and if I could help move it," he said, adding the answer was no to both questions.

Plamen Paskalev, owner of Plum's Pianos Tuning and Service, said when it comes to older pianos, tuning is often the smallest of problems.

He said the lifespan of your average piano is about 100 years.

As for moving them, he said paying for specialists to do the heavy lifting is money well spent.

"If you don't have experience, I wouldn't recommend it."

16

Number of free pianos listed in the Calgary area since October.

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Alberta Education Minister David Eggen has announced changes to the bargaining arrangement for the government, school boards and teachers. THE CANADIAN PRESS FILE

Province gets seat at negotiations

SCHOOLS

New system will centralize province-wide labour issues



Jeremy Simes
For Metro | Calgary

The Alberta government is proposing to change how teachers bargain with their employers by giving the government a seat at the negotiating table.

The Public Education Collective Bargaining Act, announced by Education Minister David Eggen Thursday, will create a province-wide collective bargaining model for teachers, establish an employer bargaining association that requires mandatory school board membership, but lets each school board bargain collectively with the Alberta Teachers' Association (ATA) on local issues.

"This bill will allow us to develop a two-table bargaining

model that is fair and effective," Eggen told a news conference.

"It's critical ... that we work to ensure stable budgets that our partners in education can rely on."

The two-tier model contains centralized and local components.

The government will be part of the central component, appointing government representatives to the newly created Teachers Employer Bargaining Association. TEBA will also have representation from employers.

Specifically what the central component will bargain has yet to be determined, though it could include teachers' salaries and costs of substitute teachers, the government said.

Centralizing such issues will create consistency across the province, addressing costs that affect all Alberta's schools, the government said.

However, centralizing decision-making concerns the Alberta School Board Association (ASBA).

"Solutions made centrally, with limited opportunities to consider local realities, rarely provide the best outcomes,"

ASBA President Helen Clease said in a news release. "What works in a large city may create problems in a rural area."

Issues that affect local schools will continue to be bargained between teachers and local boards, the government said.

Frank Bruseker, president of ATA Local 38 in Calgary, said he has mixed feelings about the proposal.

"This is potentially good news," he said. "It means the government will be at the table, which is important simply because government is the sole funder of education."

But Bruseker sees a problem with TEBA, saying a similar entity in B.C. has never seemed to have reached a successful agreement. "I'm not sure there's a big need for TEBA," he said.

Both the Calgary Catholic School Board and the Calgary Board of Education (CBE) said they need to take a closer look at the details of the legislation to understand how it impacts them.

Bargaining for new contracts could start as early as January.

WITH FILES FROM THE CANADIAN PRESS

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CHRIS HORN

PATHOLOGY SCIENTIST, RISING STAR AWARD

Chris has made impressive inroads as a pathology scientist at Alberta Children's Hospital. Working with human tissue to help diagnose disease is important and demanding. AU helped provide Chris with the skills to juggle work, education and other responsibilities—like being a dad. That's why Chris Horn is a leading member of Athabasca University's alumni community.



SARAH STEPHENS

NURSE PRACTITIONER, ALUMNI AWARD FOR VOLUNTEER SERVICE

Sarah says she's always puts her heart and soul into volunteering. It connects her with her patients and her students at AU. "I believe you need to give back," she said. "You have to carry your talents and your gifts." That's why Sarah Stephens is a leading member of Athabasca University's alumni community.



KATHLEEN KELAVA

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Kathleen's advice to future alumni is simple: "Never forget how lucky you were." She's referring to the whole AU open-online flexibility package and the value it represents for students as they move into their future lives and careers. That's why Kathleen Kelava is a leading member of Athabasca University's alumni community.



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City aims to gauge, boost diversity

EMPLOYMENT

Government mulls database but currently has no targets



Jeremy Simes
For Metro | Calgary

The City of Calgary is looking at ways to measure how diverse its workforce is, though it currently has no targets.

According to the city's human resources spokesman Tim Feist, the city is exploring ways to create a database of workers' cultural backgrounds.

However, doing that can be a bit tricky; the city doesn't

want to breach people's privacy, he said, adding there isn't a concrete plan regarding the development of a database.

"We don't have established targets," he said. "But we support candidates (who have) a diversity of backgrounds."

According to Rachael Pettigrew, a human resources professor at Mount Royal University, organizations look to diversify the workforce because it produces many benefits.

"When organizations get a group of people who see things from a different angle, they can increase the likelihood of solving problems," said Pettigrew, who specializes in workplace diversity and the challenges minorities can face when entering the corporate world.

The challenges newcomers

“There is a problem if everyone in the organization has the same mindset.”

Rachael Pettigrew

face, she added, are also endured by indigenous people. In fact, the unemployment rates for indigenous people are twice as high compared to the national average, according to 2012 data from Statistics Canada.

Reasons include low graduation rates, socio-economic factors and higher incarceration rates, Pettigrew said, adding the population is also young.

For those that are hired, many feel like the "token ab-

original," she said. "It can be quite intimidating for someone who identifies as a group within a visible minority to be the only of something."

The solution? Policies and standards that are actually inclusive, according to Pettigrew.

"It can't be window dressing," she said. "Organizations have to create an atmosphere of support, like friendship centres, recognizing National Aboriginal Day and acknowledging they're on treaty land."

Feist said the city has a diversity and inclusion section to support such efforts, including activities that promote indigenous awareness across the city.

Ultimately the city "hires the best candidate for the job," he said. "We have to be fair to everyone."



Experts say workplaces must institute policies that are actually inclusive, not just window dressing. METRO FILE

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CRIME

Man charged with killing girlfriend

A man has been charged in connection with a death earlier this year that Calgary police recently deemed a homicide.

Officers were called to a home on the 200 block of Pinetree Bay N.E. around 6:30 a.m. on March 28 over reports of a deceased woman.

According to police, the victim's boyfriend told investigators he had found his girlfriend after an apparent suicide.

While police believed the woman's death to be suspicious at the time, recent developments and additional testing by the office of the chief medical examiner have concluded that the woman



The victim's family, it's been a stressful time for them over the six months. Now ... it's caused more strain on them.

Staff Sgt. Colin Chisholm

was slain.

"Initially this was deemed a suspicious death. Some investigations take a long time ... to get back facts that we need to proceed in our investigation," said Calgary police homicide unit Staff Sgt. Colin Chisholm.

Sheri Michelle Carpen, 31, of Calgary, has been identified as the victim in the case. Carpen's cause of death isn't being released for investiga-

tive reasons.

Luke Anthony Macleod, 32, has been charged with second-degree murder in connection with Carpen's death.

Chisholm said Macleod and Carpen were living together for eight months prior to her death; however, there was no reported history of domestic violence between them.

"The victim's family, it's been a stressful time for them over the six months. Now that

+ COURT

Macleod has been transferred back to Calgary and is scheduled to appear in provincial court on Nov. 27.

they know for a fact that Sheri was murdered, it's caused more strain on them," said Chisholm.

Macleod, formerly of Calgary, was arrested in Coaldale, Alta., Nov. 25, with the assistance of the Lethbridge Regional Police Service. Chisholm said Macleod had relocated shortly after Carpen's death.

METRO



Sheri Carpen's death was officially declared a homicide Thursday, nine months after her body was found. COURTESY CPS

Heartland actress gives back on the homefront

DOMESTIC VIOLENCE

Organization offers support to help break cycle of abuse

Lisa Wilton
Metro | Calgary

It's been 16 years since Michelle Morgan met a young woman in Ecuador who had escaped an abusive relationship.

The Canadian actress was in the country volunteering for a charity and befriended the woman, who had taken refuge with some nuns and was trying to piece her life back together. Unfortunately, the woman had to return home to her partner as it was the only way she could be reunited with her son.

"She had to re-enter this life of violence," Morgan recalled.

"It was sad, because I knew she wasn't ever going to be able to escape."

The encounter left an impres-

“It's not an issue that's happening 'over there.' It's happening to your neighbours, your friends, your co-workers.”
Michelle Morgan

sion on Morgan, who returned to Canada determined to do what she could to help people in domestic abuse situations.

She's spent more than a decade volunteering for various women's and anti-violence charities, including her most recent role as ambassador for Homefront Calgary.

The organization works closely with police, offering support and resources to help those at risk of domestic violence break the cycle of abuse.

"The reason I was really excited about Homefront is that they can actually prevent domestic violence because they work directly with the police," she said.

"There's a Homefront worker in every police district in Calgary ... They can help stem incidents and stop them from becoming more serious."

Morgan hopes to raise awareness for Homefront's Cool It, Calgary campaign, which is looking to raise \$80,000.

To illustrate how big an issue domestic violence is in Calgary, Homefront created a "heat map" of the city, which shows areas where police have responded to emergency calls.

"I remember asking them if they dealt with domestic vio-



Michelle Morgan and her Heartland co-stars will be signing autographs at Symons Valley Ranch on Dec. 12 in support of Homefront Calgary's Cool It, Calgary campaign, which aims to stop domestic violence in the city. CONTRIBUTED

lence more in low-income areas," Morgan said, "and they were like, 'Nope. You'd be shocked. It's all over the city. It's everywhere.' It's not an issue that's just happening 'over there.' It's happening to your neighbours, your friends, your co-workers. It's something that needs to be

out there so those who need to reach out for help won't feel ashamed to do so."

A mother to a four-year-old girl and a two-year-old boy, Morgan is especially moved by stories of children being affected by domestic violence.

"I've met many children in

the shelter system," said Morgan, who plays Lou Fleming on the popular CBC drama, Heartland.

"The threat of violence looming over their heads is forever imprinted on them. I can't imagine growing up in an environment that isn't safe."

WEEKEND EVENTS

Friday — GIRAF Festival of Animation

The 11th annual Giant Incan-descent Resonating Animation Festival at the Globe Cinema brings the best of independent animated short films and features to Calgary audiences. GIRAF showcases experimental, funny, creative and thought-provoking films from around the world and features several special events throughout the weekend.

Saturday — Femme Wave

The inaugural Calgary feminist arts festival includes a wide range of female-created comedy, music, film and art events. Saturday highlights include the Girls Rock Camp Variety Show at Tubby Dog and the Femme Wave Funhouse at The Palomino, featuring the amped-up talents of Fist City, Miesha & The Spanks, Nikki Valentine and The Shiverettes.

Saturday — Jerry Granelli at Festival Hall

Renowned drummer and only surviving member of the Vince Guaraldi Trio, Jerry Granelli performs a live score of A Charlie Brown Christmas, which was originally written and performed by Guaraldi's group. Rounding out Granelli's trio will be local jazz musicians Simon Fisk and Chris Gestrin. A local children's choir will also join in on the seasonal special.

Sunday — Dirty Laundry: The Next Generation

For 16 seasons, Dirty Laundry Calgary has brought high melodrama (and more than a few laughs) to the stage with its improvised soap operas. Cast members are now mentoring up-and-coming improv actors and the results are often brilliant. LISA WILTON/METRO

+ PHOTO OPP

Morgan and her Heartland co-stars Graham Wardle, Amber Marshall, Alisha Newton and Shaun Johnston will be signing autographs and posing for photos for a fee on Dec. 12 at Symons Valley Ranch (14555 Symons Valley Rd. N.W.) All money raised will go to Homefront Calgary's Cool It, Calgary campaign. For more information, check out Homefrontcalgary.com.

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The sixth annual Moe-Shelley's Holiday Craft Market features the work of more than a dozen local artisans, including textile artist and event founder Lisa Sexsmith, whose sock monkey creation is shown above. The market takes place at the Drum & Monkey/Bamboo next weekend. CONTRIBUTED

Sock monkeys, quilts and other crafty goodies

SCENE YYC

Moe-Shelley Christmas craft market in sixth year

Lisa Wilton
For Metro | Calgary

Church basement and community hall craft fairs were never a good fit for textile artist Lisa Sexsmith, whose hand-made sock monkeys and punk rock-inspired quilts often drew quizzical looks from more traditionally-minded customers. So Sexsmith decided to create her own small Christmas fair that featured her business, Moe-Shelley Creations (Moeshelley.ca), as well as the unique wares of other Calgary artists and designers.

Now in its sixth year, Moe-Shelley's Holiday Craft Market takes place Dec. 5 and 6



Lisa Sexsmith
LISA WILTON/FOR METRO

at the Drum & Monkey/Bamboo (1201- 1 St. S.W.)

Sexsmith tells Metro about her passion for sewing:

Q: How did you first discover sewing? What (pardon the pun) hooked you?

A: My grandma and mom both sewed. It's something that was always going on around me. Creating a finished product has always

inspired me. I don't ever remember not sewing.

Q: At what point did you realize that you wanted to try to make this into a career?

A: It seemed natural for it to become a business. My friends kept asking me to sell them stuff I could make. But it was really the encouragement from my partner that allowed me to start doing it full time.

Q: What kind of items do you make?

A: My most-made item is sock monkeys. But I make everything from aprons, purses, baby bibs, cushion covers, baby blankets, scarves and quilts. The sock monkeys are my most popular and favourite things to make. They are what people know me for and I love doing something different with something so traditional.

Each item takes a different

“

I don't ever remember not sewing.

Lisa Sexsmith

amount of time. Monkeys take at least three hours and quilts can take over 100. My favourite thing about sewing is creating something that wasn't there when I started.

Q: Tell us about the Moe-Shelley craft market at the Drum.

A: We showcase 12 different artists each day and have become known for being not your typical craft sale. We have very unique and diverse vendors. There's everything from jewelry, decor items, baby gifts, metal work, leather work, mustard and hot sauce, garden gnomes, sock monkeys and tree ornaments. Plus you can have a beer while shopping.



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ROADS

Calgary ranked 55th out of 81 for driver safety



Brodie Thomas
Metro | Calgary

In the debate over which of Alberta's big cities has the safest drivers, Calgary has Edmonton beat.

That's according to data released by Allstate Insurance. The company released its annual Safe Driving Study results on Thursday.

Out of 81 cities and towns, Calgary was ranked 55th for collisions. The top spot went to another Albertan city — Spruce Grove.

Red Deer was just behind Calgary at 56th. Edmonton ranked 66th.

Halifax was at the bottom of the list.

Anthony Chan is agency manager for Allstate in Calgary. He said the study only looked at the four provinces with private

insurance. All other provinces have publicly-run insurance companies.

The study provided other statistics, such as the most frequent types of collisions. Rear-ending accounted for just over one quarter of all claims in the past year at 25.17 per cent.

Turning and intersections took up almost another quarter, with 23.54 per cent. Head-on collisions are the least common accident, accounting for just

under 1 per cent of all collision claims.

Chan said the company releases this data in hopes that people will look at it and adjust their driving habits.

Statistically speaking, Dec. 23 is the best day of the year to keep your car off the road. Two other days with the most claims were Nov. 19 and Dec. 21.

Christmas Day, July 1 and New Year's Day had the fewest accident claims.



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Susan Houle has been volunteering at the Calgary processing centre for seven years and is headed to Uruguay in March to dole out boxes herself. JENNIFER FRIESEN/FOR METRO

Love comes in shoebox

OPERATION CHRISTMAS CHILD

Charity gives gifts to kids to may not get another



Jennifer Friesen
For Metro

Greeted with the smell of fresh Irish Spring soap and a Santa's workshop all her own, Susan Houle found her way into the Operation Christmas Child warehouse six years ago.

"The warehouse itself is massive and just piled with cartons full of toys," she said. "It was really emotional when you think that your hands are the last that might be touching the things before a child opens a gift and sees what might be their only gift ever — for the very first time."

Houle's husband was working in Russia for a month on end when the Drayton Valley native was told that Operation Christmas Child with Samaritan's Purse might be just what she needed.

"I was really looking for something where I could be

of some use to someone else," she said. "This is something that I know affects someone, but I know it works toward a greater good."

Operation Christmas Child has been sending shoeboxes to children across the world since 1990, and has since given more than 110 million shoeboxes packed with toys, clothes, soap and toothbrushes to children across 16 different countries.

"I've been there for the distribution of shoeboxes," said Frank King, spokesperson at Samaritan's Purse. "Kids get their own toothbrush for the first time, and that means a lot. Here we are, complaining about what we want and these kids are so happy to get a toothbrush and a pencil."

King added that, although national collection week for Operation Christmas Child is over, Calgarians can still give donations as late as December 12 at their processing centre, or online at packabox.ca.

As for Houle, she's headed to Uruguay in March to hand out boxes for herself.

"I just hope these kids out there know that someone out there cares about them," she said. "The person that packs that shoebox for them has love for them."



Here we are, complaining about what we want and these kids are so happy to get a toothbrush and a pencil.

Frank King

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Conductor Eileen Kosasih founded the new Calgary Arts Orchestra. CONTRIBUTED

Orchestra aims to keep talent here

SYMPHONY

But funding's a challenge for these classical musicians



Jeremy Simes
For Metro | Calgary

Eileen Kosasih thinks Calgary is more than ready for another orchestra.

So she launched the Calgary Arts Orchestra, a symphony of local talent that plays new-age classical music.

"Calgary is right for it," she said. "We want to keep the music local and the talent local."

Kosasih — who studied conducting in Los Angeles — said she has toured many major North American cities and has always been impressed by their classical music scenes.

And with the many music programs offered in Calgary's post-secondary schools, count-

less budding musicians and old-timers have told her they've been waiting for what Arts Orchestra is offering.

"Often, many of our local musicians leave for different cities or a different industry," she said. "I'd like to preserve our talent and keep our level of artistry high, and keep people questioning."

Kosasih has encountered a challenge, however: funding. Organizations need to be established for three years before they start receiving grants, she said. That's left her paying for concerts out of pocket.

On top of that, Arts Orchestra musicians work on a volunteer basis — something that shows their passion for the craft, Kosasih said.

"I admire them — I don't know if I'd do the same. For them it's an investment, but I can see it going places if we keep it going and keep the energy high."

Essie Liu, a violinist for the symphony, has played the instrument ever since she was four.



The group is young and new. I really like the energy.

Violinist Essie Liu

Liu recently moved to Calgary, and said she wanted to join to expand her network.

"The group is young and new (to the scene)," she said. "I really like the energy we have."

Kosasih said she also wanted to add visual art components to the orchestra to bridge artists in the community.

"Because of the times and also the society we live in, our sub-cultures form cliques, or we're kind of divided," she said. "But I think we're becoming more aware of other people in the world ... so I think things are becoming more collaborative."

Arts Orchestra's second performance starts at 7:30 p.m. at St. Giles Cathedral. Tickets are \$20 at the door.



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LABOUR

Farmers lobby against bill via social media

There is growing pushback in rural Alberta against the NDP government's plan to include farm and ranch workers in safety and workplace legislation.

A group called Farmers Against NDP Bill 6 has appeared on Facebook with more than 22,000 members.

Organizer Sara Wheale says the government's plan to cover farm workers under occupational health and safety laws and workers' compensation would kill

family farms.

Wheale, who lives near the village of Breton, southwest of Edmonton, says the province is ignoring their concerns.

Opponents of the legislation are planning a rally at the Alberta legislature on Friday.

Alberta is the only jurisdiction in Canada without coverage for farm and ranch workers.

"I created this group for everyone to share and get around to show how many people really are

against this new Bill 6," Wheale writes on the Facebook page.

"This is our lives and what we live for. Let's take a stand."

The proposal would allow investigators to review serious injuries or deaths on the commercial portion of farms.

Officials say 25 people died from farm-related accidents in 2014 — nine more than the previous year.

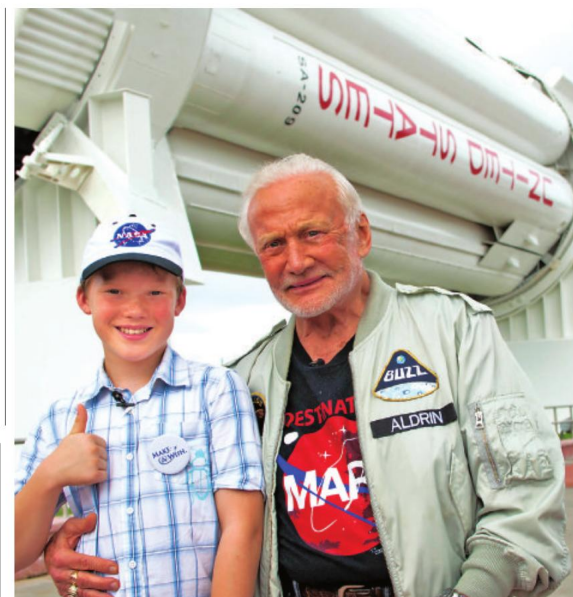
The government is holding info sessions to help explain the

legislation.

Agriculture organizations say they support improving safety but have misgivings about how the rules would work and how they might affect the bottom line.

The Facebook page features the names, comments and photographs of farmers who oppose the legislation. Sarah Neill writes "We as farmers and ranchers should decide our own hours and our own work ethic."

THE CANADIAN PRESS



Ethan Jogola, who lives with Cystic Fibrosis, was granted a once-in-a-lifetime chance from to visit with moon walker Buzz Aldrin in Florida last month. **HALEIGH DUNN/MAKE-A-WISH**

'Space nerd' meets idol Buzz Aldrin

MAKE-A-WISH

Alberta tween spends dream day with famed astronaut

Lucy Haines
For Metro | Calgary

Like many kids, 12 year-old Ethan Jogola has dreams of being an astronaut.

But forget dreaming. The Mayerthorpe, Alta. tween and self-proclaimed "space nerd" recently returned from a day at Florida's Kennedy Space Center, where he toured a rocket ship, saw an advance screening of *The Martian* (seated beside his astronaut idol) and shared freeze-dried space food with the legendary Buzz Aldrin, Apollo 11 astronaut and second man to walk on the moon.

"Buzz told me, Neil Armstrong may have taken the first steps on the moon, but he took the first space selfie" said Jogola, who described the

Make-A-Wish-sponsored day as "amazing — there's no way to say thank you. It rained all the time, but it was warm and awesome."

Ethan's parents and 14 year-old brother, Matt, joined the Grade 7 student on the four-day trip.

"I've been addicted to space since I was six, because of the mystery — there's so much we don't know. Buzz was so cool because he's one of the first to walk on another world," said Jogola.

Diagnosed with Cystic Fibrosis as a baby, Ethan takes pills with meals and uses a puffer each morning to help ease the production of thick mucus that can result in respiratory infection and other blockages in the lungs or intestines.

"We're grateful he's healthy," said Ethan's mom Shelley. "We can never replace the experience he's been given."

Make-A-Wish has granted wishes to over 800 northern Alberta children aged 3-17 with life-threatening medical conditions, including 91 last year alone.

I've been addicted to space since I was six, because of the mystery — there's so much we don't know.

Ethan Jogola, 12 years old

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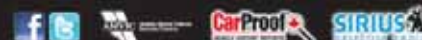
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Screening will catch lung cancer early

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Andrea Ross
Metro | Edmonton

Alberta researchers say a new pilot study will save lives by de-

tecting lung cancer in patients it spreads to other areas of the most at risk before it's too late to treat them.

The study will screen 800 smokers and former smokers most at risk of cancer using CT scans once a year for three years. The test can identify cancer, allowing doctors to treat it before



Before this ... there was nothing else to screen for lung cancer.

Dr. Eric Bédard

"The idea is if you can find it earlier, then you have a higher

body.

Lung cancer is the deadliest cancer for both men and women, but most cases of the disease aren't diagnosed until an advanced stage, when curing the cancer is unlikely.

chance of offering the patient a treatment that can cure the cancer," said Dr. Eric Bédard, lead study investigator for Edmonton. "Before this ... there was nothing else to screen for lung cancer."

"There's no other test that is used today for patients who are at higher risk of lung cancer."

Researchers in Edmonton and Calgary are conducting the study, which began recruiting participants earlier this year.



Dr. Eric Bédard says detecting lung cancer early is the key to being able to provide effective treatment. KEVIN TUONG/FOR METRO

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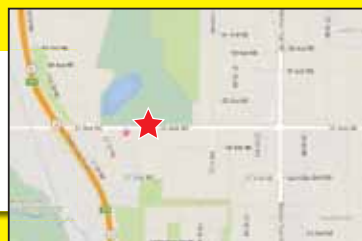
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DEFAMATION TRIAL

'Lazarus article' just refused to die: Kent

A former television journalist suing Postmedia for defamation says the 2008 article at the centre of the case popped up online like a "boomerang" years after it first ran and has dissuaded him from taking another run for public office.

Arthur Kent, nicknamed the "Scud Stud" for his reporting on the Gulf War for NBC, testified Thursday that friends in New York and Ottawa asked him why the piece penned by columnist Don Martin was suddenly re-emerging on the Internet in 2012.

Kent said he was rankled that the piece — headlined "Scud Stud" a 'Dud' on the Campaign Trail" — appeared on the Ottawa Citizen's home page four years later, as well as on websites of other papers across the Postmedia network.

Kent described it as a "Lazarus article" — a reference to the Biblical figure who Jesus brought back to life — and said he felt like he was in a Lewis Carroll novel, a reference to the author of the Alice in Wonderland books.

Kent said he complained to an editor he knew at the Citizen, who agreed to take it down, but the column was resurrected within a day.

"There was the Martin article republished, reappearing, like

a phoenix on all the Postmedia websites," Kent told a Calgary court.

He said the Martin piece re-emerged not only across daily newspaper websites, but on sports and entertainment sites owned by the media giant.

It first ran while Kent was seeking a seat in the Alberta legislature for the Progressive Conservatives, portraying Kent as an out-of-control star candidate facing a revolt from his election team. It didn't include comment from Kent.

Kent has said fundraising dried up and volunteers quit after the article ran. He went on to lose the election. He said the article could affect future pursuits as a journalist and filmmaker.

THE CANADIAN PRESS



Arthur Kent THE CANADIAN PRESS

MOUNT ROYAL UNIVERSITY

Scholarship honours Manmeet Bhullar

The Mount Royal University Sikh Student Association, in collaboration with the Bhullar family have collaborated to create a scholarship.

The Manmeet Bhullar Inspire Award will be given out annually to a student who demonstrates excellence in community engagement and the spirit of seva, or volunteering.

"The Mount Royal University Sikh Student Association is very saddened to hear the passing of Manmeet Singh Bhullar. Mr. Bhullar was an MRU

alumni and played an active role within the MRU community," read an email statement from the association. "He has helped countless local youth by encouraging them through his actions and presence. He was monumental in starting up The Dashmesh Mission and the very first Nagar Keertan in Calgary."

Details on the scholarship are still being established and once details are confirmed more information will be available. METRO

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8 YEARS



PHIL LAWRENCE
22 YEARS



JOHN QUINLAN
13 YEARS



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A model walks the runway during the KTZ show on January 11, in London, England. Inset: The design from which the KTZ sweater was taken, according to Nunavut's Salome Awa.

GETTY IMAGES; INSET: MYSTIC SEAPORT PHOTOGRAPHY COLLECTION/TORSTAR NEWS SERVICE

Clothier accused of appropriation

FASHION

Design stolen off shaman's parka: Woman from Nunavut

Salome Awa says she was furious to discover that a U.K. fashion label had unveiled a sweatshirt with a design that looks nearly identical to one created by her great-grandfather.

But more than anger, the Nunavut woman said she felt shocked that her ancestor's unique design had been taken without permission.

"I went through all the garments and there it was: my great-grandfather's garment, designed exactly the same way as he envisioned," Awa, a CBC Nunavut morning show producer, told the Star in a telephone interview on Thursday morning.

"I was shocked, actually, because it's sacred."

Her great-grandfather was a shaman, Awa explained. He had

asked his wife to make a unique parka with hands on the front to protect him from someone who might try to push him into the ocean and drown him.

Danish explorer Knud Rasmussen took a photo of her great-grandfather in the parka during his travels and visits with Inuit families in Canada's Arctic in the 1920s, Awa said.

The photo, which dates back to 1922, was published in the book *Northern Voices: Inuit Writing in English*.

"To wear it (the design) is almost like (a) mockery of my great-grandfather's spiritual well-being," Awa said. "There's no other garment like it anywhere else in this world."

London-based label KTZ did not respond to Torstar News Service's request for comment.

KTZ unveiled the sweater as

part of its Fall 2015 men's collection and the company was selling the "shaman toweling sweat-shirt" online for about \$845 Cdn. Toronto-based shop CNTRBND is also selling it for \$925.

KTZ says its clothes are known for their "raw energy and contemporary urban edge, but also for embracing ethnographic references and multiculturalism."

But the company has been accused of appropriating Indigenous designs in the past. Last year, Northern Cheyenne/Crow designer Bethany Yellowtail accused KTZ of using her designs without permission.

She told the Star she contacted an intellectual property lawyer about possible legal action, but that she would discuss the issue with her family members before making any decisions.

TORSTAR NEWS SERVICE



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VANCOUVER

String of at least 10 victims face injury, death after 'one punch' assaults



Matt Kieltyka
Metro | Vancouver

A Vancouver-area man has suffered life-altering injuries and has been in hospital for a month after being sucker punched in the city's entertainment district.

And police — in a rare pub-

lic plea made Thursday — say he's far from the only victim.

So far this year, Vancouver police have responded to 10 sudden "one punch" assaults, all leading to unsuspecting victims being knocked unconscious and suffering serious injuries. Three of the victims have died.

"This could happen to you or me walking down the street," said Vancouver police spokes-

man Const. Brian Montague. "We do have individuals that come into the city that are looking for trouble, looking to get into a fight, and unfortunately this is the result sometimes."

"As a victim, it's hard to say to people how to avoid a situation like this. Our plea is for those making a conscious decision to put their hand into a fist and take a swing. It will

cause life-altering injuries or death. And (the suspects') lives will be changed as well. We will arrest them and they will find themselves in court."

The stunning public warning comes after a 34-year-old man was brutally assaulted while walking home with his wife after attending a comedy show in the early morning hours of Sunday, Oct. 25.

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Artist Margaret Sutherland, left, and Danielle Potvin. This nude painting of Stephen Harper, titled *Emperor Haute Couture*, was originally sold to Potvin for \$5,750 in 2012. TORSTAR NEWS SERVICE

Nude Harper art worth \$12K

EMPEROR HAUTE COUTURE

Owner bought unusual art for \$5,750

When former bureaucrat Danielle Potvin first laid eyes on Stephen Harper's completely nude body, she knew she had to take him home.

A painting of him, that is. "It's the best piece of fine art in Canada," said Potvin.

She describes it as "audacious" and "so interesting." "It's such a strong image."

The piece shows a relaxed Harper lounging, with a discreet smile, on a chaise surrounded by a group of suited men and single woman, who is seen handing him what can only be assumed to be a cup of Tim Hortons coffee.

And now it's on sale — just in time for the holiday season.

Emperor Haute Couture, as it's called, made headlines in 2012 when artist Margaret

Sutherland first sold it to Potvin.

Potvin originally bought the painting for \$5,750. Now she's being offered upwards of \$12,000 for the piece.

She's even received a call from someone in Nebraska looking to get their hands on it.

"People know this painting will be worth a lot more in a few years," said Potvin.

She originally listed the artwork on Kijiji for \$8,800, but is now in the middle of an online bidding war with collectors from across the country.

Potvin would preferably like it to move into an art museum because she "wants Canadians to see it." But she hasn't received any offers.

She's decided to sell the painting as a way to fund her home renovation project, which will cost her around \$40,000.

She says she'll make a decision by Nov. 29.

TORSTAR NEWS SERVICE

IN BRIEF

Canada's Miss World barred from entering China

Canada's Miss World contestant says she was barred from Thursday from entering China to take part in this year's pageant because of her outspoken views on human rights abuses in the communist country. Anastasia Lin, who was

born in China and went to high school in the Vancouver area, said in a statement on her Facebook page that she was unable to board her connecting flight from Hong Kong to the Chinese resort city of Sanya, where the Miss World final is taking place Dec. 19.

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INTERVIEW

Trudeau issues retort

Prime Minister Justin Trudeau has used an interview with an influential BBC current affairs show in London to issue his most pungent retort yet to his Canadian detractors.

Trudeau, 43, endured more than two years of Conservative party attack ads declaring him "just not ready" before sweeping prime minister Stephen Harper from power in last month's federal election.

On BBC television's News-Night program, Trudeau delivered a retort that could be seen as a direct shot at Harper and other Conservative partisans.

"There's an awful lot of people who sort of shrugged and said he has nothing but a name to go on and found themselves slightly bewildered as I left them in the dust."

Trudeau told the BBC that this year's federal election campaign showed the momentary appeal of divisive policy stances.

"But when you get right down to it, when citizens take a long hard look in the ballot box at actually voting against your neighbours, against someone who's different from you — in pluralistic societies like we have it becomes very difficult to sustain the hatred or the fear of the shopkeeper down the street or your colleague two cubicles over," said Trudeau. THE CANADIAN PRESS



Justin Trudeau
THE CANADIAN PRESS



A Royal Canadian Air Force CF-188 Hornet refuels from a CC-150 Polaris over Iraq during Operation IMPACT on Nov. 7, 2015.
OP IMPACT, DND VIA TORSTAR NEWS SERVICE

Canada to pull six jets from air war

COMBAT

But refueller, surveillance aircraft could remain

Canada will pull six CF-18s from the combat mission against Islamic State militants in Iraq and Syria but two reconnaissance aircraft and an air-to-air refueller could remain to assist coalition aircraft in their own bombing sorties.

A senior defence department official said Thursday that discussions on the future of Canada's contribution to the multinational campaign against ISIS continue and that no decisions have been made whether to

leave other elements of the air task force in the region.

The Liberals have consistently pledged to end the "combat" mission and withdraw the CF-18s but have not ruled out allowing missions by the other aircraft to continue.

Defence expert Dave Perry said the recon and refuelling aircraft play a valuable role appreciated by other nations. In particular, the two CP-140 Aurora surveillance aircraft, equipped with sophisticated radar and imaging sensors, gather valuable data for ground and air commanders.

"They provide an intelligence picture that supports the coalition writ large," said Perry, a senior analyst with the Canadian Global Affairs Institute.

Meanwhile, the Conservatives

are challenging the claim by Prime Minister Justin Trudeau that a lack of resources could be driving the decision to wind down the combat role.

Trudeau confirmed earlier this month that the CF-18s would be brought home. He said the Liberal government would instead deploy additional troops to beef up the ongoing training mission. Canada has 69 special operations forces soldiers in northern Iraq training local Kurdish militia to better fight Islamic forces.

But when pressed this week why Canada couldn't continue the combat sorties and beef up the training mission at the same time, Trudeau responded that the country has "limited military investments."

But Conservative MP James

+ NO PRESSURE

A senior Trudeau adviser briefing reporters said British Prime Minister David Cameron did not pressure Trudeau to reconsider his CF-18 decision when the two prime ministers met in London on Wednesday. In fact, the adviser said, not a single world leader has questioned Canada's pending withdrawal from the air war.

Bezan said there is no truth to Trudeau's claim that an expanded mission would stretch the budget or capabilities of the armed forces. TORSTAR NEWS SERVICE

REFUGEE RELIEF

Feds give \$100M to UN

The Liberal government's long-awaited \$100 million contribution to the United Nations High Commissioner for Refugees to help fleeing Syrians is destined for a half-empty international aid bucket.

The UN refugee agency has only raised 45 per cent of the \$4.5 billion it sought for 2015 to assist the 4.3 million refugees who have fled Syria for Lebanon, Turkey, Jordan and Iraq, according to its latest statistics.

Canada's contribution, announced Thursday, fulfils a Liberal campaign promise from the federal election, a contribution that includes \$10 million for the UN refugee agency to help it select eligible Syrians for settlement in Canada over the next few months.

"Canada is coming out very strongly, not only with this exceptional program of resettling the 25,000 Syrian refugees, but the financial support to UNHCR is absolutely crucial," Furio de Angelis, the UN agency's Ottawa representative, told The Canadian Press.

"Unfortunately our programs are underfunded, and not only UNHCR programs but in general humanitarian programs (are) underfunded."

Government officials in the newly re-named Global Affairs Department acknowledged the vast international funding shortcoming, but said Canada was doing its part because it was still among the top 10 international donors.

International Development Minister Marie-Claude Bibeau said the government will move quickly to disburse the funds that it has already announced, but was noncommittal about whether more might be pledged in the future.

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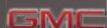
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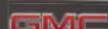


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Russia slaps Turkey with trade sanctions

RETALIATION

Dispute over downed plane intensifies

A tug-of-war over a Russian warplane shot down by a Turkish fighter jet at the border with Syria escalated Thursday, with Moscow drafting a slew of economic sanctions against Turkey and the Turkish president saying on a defiant note that his military is ready to do the same if another air intrusion happens.

The spat reflected a clash of ambitions of two strongman leaders, neither of whom appeared willing to back down and search for a compromise.

Turkey shot down the Russian Su-24 military jet on Tuesday, insisting it had violated its airspace despite repeated warnings. The incident marked the first time in half a century when a NATO member shot down a Russian plane, raising the threat of a military confrontation between the al-

+ RECORDINGS

Turkey has released audio recordings of what it says are the Turkish military's repeated warnings to the pilot of a Russian bomber before it was shot down at the border with Syria — audio that grows increasingly more agitated.

A Russian airman who survived the shoot-down denied veering into Turkey's airspace "even for a single second." Turkey insists the plane was in its airspace for 17 seconds.

liance and Moscow.

Russia's President Vladimir Putin denounced the Turkish action as a "treacherous stab in the back," and insisted that the plane was downed over the Syrian territory in violation of the international law.

"Until that moment, we haven't heard a clear apology from Turkey's top political leadership, or an offer to

compensate for the damage or a promise to punish the criminals who committed that crime," he said in the Kremlin while receiving credentials from several ambassadors. "It gives an impression that the Turkish leadership is deliberately driving the Russian-Turkish relations into a deadlock, and we regret that."

Turkish President Recep Tayyip Erdogan was in no mood to apologize, and warned that Ankara would act in the same way in case of another intrusion.

"Faced with the same violation today, Turkey would give the same response," Erdogan said. "It's the country that carried out the violation which should question itself and take measures to prevent it from happening again, not the country that was subjected to a violation."

Erdogan said Turkey had not specifically targeted Russia when it shot down the plane, saying it was "an automatic response" in line with its rules of engagement. THE ASSOCIATED PRESS



GREECE TENSION MOUNTS AT NORTHERN BORDER A man kneels before a Macedonian police officer in an effort to cross the border, near the northern Greek village of Idomeni, Thursday. Scores of migrants stranded at Greece's northern border have clashed with police while trying to force their way into Macedonia. GIANNIS PAPANIKOS/THE ASSOCIATED PRESS

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U.S. President Barack Obama THE ASSOCIATED PRESS FILE

Embrace generosity, says Obama

UNITED STATES

Syrian refugee commitment keeping with U.S. tradition

President Barack Obama appealed anew for acceptance of Syrian refugees, saying "so much of our greatness comes from our generosity."

In his weekly radio address broadcast Thursday, Obama noted his commitment to accept an additional 10,000 Syrian refugees this year and argued that the policy is in keeping with U.S. tradition.

Obama compared Syrian refugees to the first Pilgrims who arrived in present-day Massachusetts on the Mayflower ship in 1620. Many of them separatists from the Church of England, the Pilgrims have come to symbolize the quest for religious freedom in America.

He said he has been "touched by the generosity of Americans who've written me letters and emails in recent weeks, offering

to open their homes to refugees fleeing the brutality of ISIL."

Obama's plan to receive thousands of additional Syrian refugees has come under heavy criticism in Congress and has become a key part of the 2016 presidential campaign rhetoric. Some lawmakers, voicing concerns about homeland security, are pressing for legislation further tightening the conditions under which refugees can be admitted.

"Now, people should remember that no refugee can enter our borders until they undergo the highest security checks of anyone travelling to the United States," Obama said. "That was the case before Paris, and it's the case now. And what happened in Paris hasn't stopped Americans from opening their arms anyway."

“People should remember that no refugee can enter our borders until they undergo the highest security checks.”

U.S. President Barack Obama

"We turn Lady Liberty's light to the world, and widen our circle of concern to say that all God's children are worthy of our compassion and care," the president said, referring the Statue of Liberty. "That's part of what makes this the greatest country on Earth."

THE ASSOCIATED PRESS

PARIS ATTACKS

European citizens still anxious: Experts

At a Paris train station, the zap of a pigeon getting electrocuted on the tracks is enough to send some jittery people scurrying for cover.

And in the aftermath of the devastating Nov. 13 attacks on Paris, the centre of Brussels has often been deserted as armed soldiers patrol tourist sites amid repeated government warnings that a terrorist attack is "serious and imminent."

Some experts say it will take months for Europeans to psychologically adapt to life after the Paris attacks and warn that some government measures intended to reassure people may backfire, creating instead the impression of cities under siege.

"We go about our daily lives and every so often they're punctuated by something outrageous like a terrorist attack on an average

Friday night," said Dr. David Purves of the British Psychological Society. "After that shock, something that is highly statistically unusual may suddenly feel much more likely to happen."

Purves said measures meant to reassure people, like machine-gun-toting soldiers and closed subways, might actually feel like the opposite.

"In a time of uncertainty,

we may interpret these signs of safety instead as reasons to be fearful, like why would we need armed soldiers unless there was danger?"

Belgian university student Lotte Achterberg said she could certainly do without the now-ubiquitous soldiers guarding Brussels. "It's not a nice feeling to see them everywhere with their big guns," she said.

THE ASSOCIATED PRESS

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48 Weekend, November 27-29, 2015

World **metro** NEWS

Boats come to the rescue

SOUTH ASIA

Cab company sends rowers to save Indian flood victims

A taxi company in India has swapped cabs for boats, as it ramped up efforts to rescue flood victims in the southern city of Chennai last week.

Ola, a private taxi app similar to Uber, explained on Twitter that the company had been "ferrying people out from water-logged areas" in the city after vehicles couldn't access flooded roads.

At least 175 people have died as heavy rainfall pounds Tamil Nadu and submerged parts of the state capital, Chennai, and the surrounding areas.

Schools, hospitals and homes are flooded, and more rain is expected later this week.

The idea for #OlaBoats appears to have started out as a social media joke, but quickly transformed into reality when Ola sent out its first

66

Now that's the only good news that has come out of Chennai amidst floods. Way to go.

Twitter user Abhishek Jain

rescue boats on Nov. 17.

The boats were manned by professional rowers and fishermen, who rescued people and provided food and drinking water for free, The Hindu reported.

The boats were equipped with two rowers and umbrellas and could ferry five to nine people per trip.

People in Chennai and across India commended the company's initiative.

"Now that's the only good news that has come out of Chennai amidst floods. Way to go," said Abhishek Jain on Twitter.

"Great job in Chennai. You help the people in distress and they will remember you. Kudos," Nilesh Rupapara added. TORSTAR NEWS SERVICE



Taxi app Ola has swapped cabs for boats in the flood-ravaged Indian city of Chennai.

CONTRIBUTED/TORSTAR NEWS SERVICE

IN BRIEF

Tunisia arrests 30 after suicide bombing

Tunisian authorities have detained 30 people suspected of having extremism links after a suicide bombing targeting presidential guards, and identified the bomber as a street vendor.

The Interior Ministry said in a statement Thursday that forensic police identified the attacker as 27-year-old Houssam ben Hedi ben Miled Abdelli by his DNA. It said he was from a working-class neighbourhood on the edge of Tunis.

The ministry didn't say whether any of the 30 suspects had ties to the attack. THE ASSOCIATED PRESS

Boko Haram kills 16 in village attack: Witnesses

Suspected Boko Haram militants raided a village in southeastern Niger, killing 16 people and looting shops, witnesses said Thursday.

The attack occurred on Wednesday night in a village near the border with Nigeria, said Adam Boukarna, who runs a radio station in a nearby town. THE ASSOCIATED PRESS

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MINNEAPOLIS

Funeral held for black man killed by police



Demonstrators outside the Minneapolis's 4th Precinct.

RICHARD TSONG-TAATARI/STAR TRIBUNE/THE ASSOCIATED PRESS

Hundreds of people filled a Minneapolis church on Wednesday for the funeral of a black man whose death in a confrontation with police has sparked days of ongoing protests, while charges were pending against four men suspected in a shooting that wounded several of the protesters.

Impassioned speeches from pastors and Jamar Clark's relatives were occasionally interrupted by shouts and applause

inside the cavernous Shiloh Temple International Ministries. Several relatives wore white T-shirts that read, "I matter," with Clark's picture on the back.

Programs also adorned with a photo of Clark described the 24-year-old as a man who "liked to swim, fish, listen to music, play basketball, be with family and take trips to Charlotte, North Carolina."

THE ASSOCIATED PRESS

CHICAGO

A march protesting the videotaped slaying of 17-year-old Laquan McDonald by a Chicago police officer is planned Friday in the city's busiest shopping district on the busiest shopping day of the year.



A clown marches by heavily armed police standing guard during the Macy's Thanksgiving Day Parade in New York on Thursday. ANDRES KUDACKI/THE ASSOCIATED PRESS

NYPD out in full force

MANHATTAN

Thanksgiving Day Parade under heavy police security

Giant balloons took to the clear, sunny sky over midtown Manhattan on Thursday for the annual Macy's Thanksgiving Day Parade, with spectators lining up along the parade route and a heavy police presence keeping a watchful eye.

The parade, in its 89th year, included marching bands and floats to go along with Hello Kitty, Snoopy, Paddington and other giant balloons. The performers were expected to include Jordin Sparks, Shawn Mendes and Pat Benatar.

City officials have said there are no known, credible threats against New York City following the recent attacks in Paris and a video purportedly produced by ISIL that contained video clips of Times Square. But Police Commissioner William Bratton said more than 2,500 officers will be stationed

along the parade route for the Thanksgiving Day festivities — the largest number of officers the department has ever assigned to the event.

As the parade made its way through midtown Manhattan, helicopters flew overhead and officers stood on top of mobile command centre vans to watch the crowds. Police even stood on top of the marquee at Radio City Music Hall.

The parade is a traditional part of Thanksgiving, when Americans commemorate a 1621 feast shared by colonists known as Pilgrims and Native Americans in Plymouth, Massachusetts.

Pamela and Tom Popp of Ridgefield, New Jersey said they've come to the city every year for the parade for at least 20 years.

"It's just a very special part of our holiday," Pamela Popp said. "We're very proud of New York City and this wonderful tradition."

Her husband said security was heavier than in past years. "I see the cops on top of Radio City," Tom Popp said. "Never saw that before."

THE ASSOCIATED PRESS

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IN BRIEF

Japanese PM mocked over annual U.S. turkey pardon

President Barack Obama on Wednesday granted amnesty from the dinner table to two turkeys named "Honest" and "Abe." But a translation glitch in Chinese media replaced the character for single-syllable "Abe" with the surname of Japanese Prime Minister Shinzo Abe.

Several commenters in Chinese social media fo-

cused on comparing the prime minister to an animal.
THE ASSOCIATED PRESS

Kids bullying redheads inspired by South Park

A statement from Melrose Public Schools outside Boston says seventh-graders were imitating an episode from the TV cartoon series South Park when they kicked redhead students last Friday.

THE ASSOCIATED PRESS



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COMPETITION

Bureau calls for relaxing taxi rules

The Competition Bureau says local regulations on the taxi industry need to be overhauled to deal with new competition from alternatives like the ride-hailing service Uber.

New competitors have gained market share by undercutting the fixed prices of existing cabs and skirting regulations for the industry.

The bureau says that has created an uneven playing field, and cities and provinces should balance the scales by easing rules on taxis rather than looking to increase regulations.

Canadians spent almost \$1.2 billion on taxis in 2014. A report prepared by Ottawa's local authorities in October found Uber prices average around 36 per cent less than a comparable cab fare.

Cities control taxi licensing and the number of taxi permits, and in some areas the value of a so-called taxi plate

\$360K

The highest cost of a single taxi plate in Toronto in 2012.
OTTAWA REPORT

has reached six digits. The Ottawa report found the cost of a single taxi plate in Toronto in 2012 was as high as \$360,000.

The Competition Bureau said among other changes regulators should ease price controls and allow taxi fares to be adjusted to fit with demand, as Uber's are, remove the cap on the number of taxi plates and let additional qualified drivers work for hire, and provide incentives for drivers to operate accessible vehicles in areas where consumers are underserved. THE CANADIAN PRESS

SURVEY

Nearly 40 per cent fought to pay bills this past year

Nearly 40 per cent of Canadians have struggled to cover their household expenses at least once in the past year, a new survey from Manulife Bank suggests.

Lines of credit were the most popular solution for those who came up short, with 33 per cent reporting that they accessed one the last time they were short on funds.

THE CANADIAN PRESS

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Protesters carry signs featuring the image of Turing Pharmaceuticals' CEO Martin Shkreli in front the building that houses the company's offices in New York, during a protest in October of pharmaceutical drug pricing. THE ASSOCIATED PRESS FILE

Turing reneges on cutting drug's price

PHARMACEUTICALS

Rival's 99-cent version selling well

After weeks of criticism from patients, doctors and other drugmakers for hiking a life-saving medicine's price more than fifty-fold, Turing Pharmaceuticals is reneging on its pledge to cut the \$750-per-pill price.

Instead, the small biotech company is reducing what it charges hospitals, by up to 50 per cent, for its parasitic infection treatment, Daraprim. Most patients' co-payments will be capped at \$10 or less a month. But insurers will be stuck with the bulk of the \$750 tab. That drives up future treatment and

\$750

The per-pill cost of Daraprim, Turing's parasitic infection treatment.

insurance costs.

Daraprim is the preferred treatment for a rare parasitic infection, toxoplasmosis, which mainly threatens people with weak immune systems, and pregnant women, because it can kill their baby.

Turing's move comes after a pharmacy that compounds prescription drugs for individ-

ual patients, Imprimis Pharmaceuticals, started selling a custom-made version for 99 cents per capsule. Those sales weren't a factor in Turing's pricing strategy, chief marketing officer Nancy Retzlaff said Wednesday.

Imprimis CEO Mark Baum said Wednesday orders are pouring in for its version of Daraprim from doctors, and the company has dispensed more than 2,500 capsules since Oct. 22. THE ASSOCIATED PRESS

FINANCE

Treat holiday charity like an investment, experts advise

More than nine in 10 Canadians give to charity every year, but experts advise treating those donations like an investment.

Philanthropy professionals and charity watchdogs say that as the holiday season nears and the airwaves fill with messages of altruism, you should still

analyze your chosen charities the same way you would research the purchase of mutual funds or property.

Financial adviser Kate Bahen, managing director of watchdog group Charity Intelligence Canada, says key things to look for include whether the charity's finan-

cial statements are audited and up-to-date, if the charity has an independent oversight board, and if it spends more on programs than administration and fundraising.

"People need to look at that giving as an investment," she says. "If they could bring that business brain to the giving

table, I think that's where we would see such huge change in Canada for the good."

Financial planner Cynthia Kett says it's best to form long-term relationships with charities that share your values, instead of doling out smaller gifts throughout the year.

"We often have a tendency

to make donations on the fly, and I think it's useful to be strategic in your giving," she said.

When it comes to taxes, Kett says it's important to understand the nuances of the charitable giving tax credit.

Because the first \$200 has a lower credit, married couples can save a little money by com-

bining their donations on one return and having the higher-income spouse claim the credit.

Kett says Canadians should report their charitable donations every year, but can hold off on claiming for up to five years in order to maximize their returns.

THE CANADIAN PRESS

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VIEWS

Bird bath blues
Scientists can't explain why water-loving British starlings have been drowning in large groups for the past 20 years.

Weekend, November 27-29, 2015

READERS RESPOND: MELITA'S STORY

In the Nov. 25 issue of Metro, one of our editors shared a personal tale of fleeing to Canada at the age of nine, after her father was imprisoned at a concentration camp in Bosnia and Herzegovina simply for being Muslim. Dozens of readers have reached out with good wishes — and emotional refugee and immigration stories of their own.



"I think this will open a lot of readers' eyes"

Hi Melita,

Every day, I commute and read Metro in the morning. Most of the times, I scan headlines and doze off to music I have playing. But this morning, I was glued to your story, and I really appreciate how you have shared your own personal experience. I think this will open a lot of readers' eyes to the current refugee issue.

Shuang Shan

As an immigrant myself, although I came under much better circumstances, I was very moved by your family's story.

"It is a welcome antidote to all the recent negativity"

Melita,

Thank you for your fine article. It is a welcome antidote to all the recent negativity surrounding Syrian refugees and Muslims. As an immigrant myself, although I came here under much better circumstances, I was very moved by your family's story.

Keep up the good work,
David Bednar

"I am so glad that you were able to survive"

Good morning Melita,

While I have been a supporter of the Liberals' plan to bring in the 25,000 refugees, I will readily admit that I haven't spent too much time thinking about the individuals truly affected, who are waiting to be screened and authorized by the UN and Canadian government.

Your story provides a true example of how difficult it must've been for your family to transition to life in Canada.

I am so glad that you and your family were able to survive and thrive in this country, and it makes me so grateful for what my family has really taken for granted.

Just know that your story has touched at least one person today, though I have no doubt that it will touch the hearts of millions.

Take care,
Jennifer Hiltz

"I am the son of a political refugee from Hungary"

Dear Melita,

Many thanks for the nice article. The front-page pictures hit hard in a good way. I am the son of a political refugee from Hungary who refused to go back to the communist ways after the failed revolution of 1956. The pictures of your dad are a great resemblance to my dad, and they brought me to tears. He has been gone now for almost 12 years, but he was the most patriotic Canadian I know. He married my mom, a French-Canadian, and raised

us three boys on a great work ethic and a huge respect for democracy. When I enlisted as an army reservist with the Governor General's Foot Guards (Yes, those soldiers on Parliament Hill) to assist with paying my way through four years of college, he beamed with pride.

I could say much more, and so could you. I am sure enough of a heartfelt story is there to provide material for a book!

Merci beaucoup! Thanks again! Köszönöm szépen!

Michel Imre Zoltan Joseph Asboth

"I hope and pray that other refugees succeed"

Hi Melita,

Thank you for sharing your refugee story. Your parents are so courageous and strong. I'm sure it was incredibly difficult for them and huge sacrifices were made, but they did it for you and your brother.

I can't imagine the difficulty of risking your life with your children, and even the days and nights spent in whichever place you were allowed to stop or rest. It was important that you shared this story, since many people don't realize what immigrants have gone through.

Me and my family also immigrated to this country, and we all know for a fact that we have to work or study hard in order to prove our worth to Canadian society, most especially to those who claim they are the "true Canadians."

I am really fascinated by tales of migration and refugee stories, and I am so pleased that everything worked out well for your family.

I hope and pray that other refugees succeed in their new homes and new lives. I always believe in humanity's faith, hope and compassion despite the recent conflicts and stigma of terrorism haunting the world.

Thanks and regards,
Czarjeff Laban

Melita Kuburas is an associate managing editor at Metro. You can read her story at metronews.ca. She can be reached at melita.kuburas@metronews.ca.

LETTERS HAVE BEEN CONDENSED

metroview

If we think outside the mailbox, we can build real community



Jason Logan
Metro Toronto

Can we talk about community mailboxes?

By now you've no doubt picked your side, either with the robot-loving erstwhile PM and his ugly, grey mailbox banks, or with the more robust-haired champion of door-to-door delivery.

But the election is over and the outcome is clear: Community mailboxes are out. So why now talk of sides? Don't we have more pressing concerns? The phase-out of home delivery has been scrapped in mid-flow: in 2014, Canada Post converted 100,000 addresses to community boxes; in 2015, it had planned to do 900,000 more. At least 460,000 of those conversions were already underway, meaning there must be tens of thousands of community mailboxes sitting in warehouses, destined for the garbage heap and the "sunk costs" column.

What if "community mailboxes" isn't an oxymoron?

Don't get me wrong. I, like you, have seen the prophylactic maple-leaf decal and the back-angled roof meant to protect the boxes from snow and rain while making no such accommodation for users. They don't just look like they were designed by a committee of engineers; they actually were. Plus, I love my mail carrier.

Here's the thing, though: In an era of Facetime and delivery drones, communication is at a crossroads, if not a crisis.

This should be an opportunity to rethink, not sentimentalize.

I recently met with the governor general at the Centre for Social Innovation in Toronto, and he noted that when a group of people picks up mail in a central place, they create a little community. I led a workshop this summer on this point: how to turn these boxes into community assets. Eventually we were contacted by a Canada Post representative, who said, "We are listening." But listening is not enough.

In urban centres and suburbs, where the community-mailbox fight has been fiercest, there remains, despite bars and bookstores, a need for places to gather 'round. A shared box could become a mini town square: a place to pick up news, ideas and seeds for the garden.

Or what if we got rid of the boxes but kept the idea of central mail pickup? What if packages flowed in and out of your local coffee shop? What if Canada Post stores sold vintage stamps, postcards and stationery? What if the postal workers were trained in community policing and home care? What if getting the mail meant leaving your house, looking up from your phone and finding common ground?

"Stop right there!" you say. We can't afford to play and experiment. I say we can't afford not to. It's with what-ifs that we start a process of thinking outside the slanty-roofed box and remaking our country.

My name is Jason. I did not vote for Harper, and I'm kind of into community mailboxes.

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Appetizer gets the holiday ball rolling

READERS' CHOICE

This simple Christmas recipe packs in a lot of flavour

Jennifer Friesen

When Susan Rasmussen first moved to Alberta 10 years ago, her sister started making a new appetizer. Laughing, she said that her sister "hardly cooks," which made for a surprise when the dish became a new family favourite.

The original recipe was a simple one: just cream cheese and pineapple rolled into balls. But, always one to pump up the volume, Rasmussen decided to make the recipe her own.

"I just upped it a little bit," she said, describing her additions of chives, bell peppers and pecans.

+ A FEW TIPS

1. "Make it the night before to let it sit. It doesn't have the full flavour until it has sat for a while."
2. "You need to really dry the pineapple with paper towel, that's the only way to get all the moisture out. Sometimes it takes up to six pieces of paper towel."
3. "The peppers add great colour, and you can use red and green for a Christmas theme. Chop them up fine so there's lots of little pieces."

"The basic flavours all come out when it's chilled, and now everyone asks for it. It's one of the have-to-haves when the family gets together."

The simple recipe is the perfect chance for kids to

get involved, by letting them mix the concoction and rolling it up.

Rasmussen's eight-year-old niece is always ready-at-the-hand in the kitchen, helping to prepare the cheese balls – an item which she prefers with Ritz crackers.

"It's not an overwhelming taste," said Rasmussen. "Kids will usually scrunch their faces up at strong flavours, but these are soft and the flavours are mild. Kids just think that's great. We always have to remind (my niece) that there's still supper coming after."

Rasmussen added that the cheese balls can keep in the fridge for up to five days, making it an easy-to-grab snack over the holidays.

Now, with two brand-new granddaughters at the helm, Rasmussen said she can't wait to have them help her out in the kitchen.

"Oh, they'll be cooking at nanny's house for sure," she said.



Susan Rasmussen started making this appetizer for her family 10 years ago, and the demand hasn't slowed down since. JENNIFER FRIESEN

EASY CHEESE BALL

INGREDIENTS

1 brick of cream cheese
1/3 cup crushed pineapple (patted very dry)
1/3 cup chopped red pepper
1 tsp chopped chives
1/2 cup chopped fine pecans or walnuts

DIRECTIONS

1. Allow cream cheese to soften at room temperature.
2. Measure, drain and pat dry the crushed pineapple.
3. Add pineapple, peppers and chives to cream cheese and blend with electric

- blender on low speed till well mixed and form into a ball or roll.
4. Chop nuts on cutting board and roll the cream cheese ball/roll until coated.
5. Refrigerate covered until use.



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Radcliffe keeps his ego in check

CELEBRITY

Actor doesn't see his status as actually being about him

Richard Crouse
For Metro Canada



At the 2012 Canadian premier of *The Woman in Black* a young woman yelled, "I love you!" as Daniel Radcliffe and I took the stage to introduce the film.

"I love you too," he replied with a smirk. "But I think we should see other people."

The audience laughed but probably missed the double meaning of his comment. For ten years Radcliffe was the face of *Harry Potter*, one of the biggest grossing movie franchises ever. *Potter* ended in 2011 (for Radcliffe, anyway) and the actor has moved on, and hopes his audience will follow along.

This week he's taking on another classic character, one played in the past by everyone from Bela Lugosi to Marty Feldman. In *Victor Frankenstein* he transcends Igor's traditional, "Yes master," function to become the movie's moral compass and emotional core. A reimagining of the *Frankenstein* story that focuses on the men rather than the monster, it's a change of pace from an actor who likes to shake it up, career-wise.

"I want to try my hand at as many things as possible,"



Harry Potter no more: Daniel Radcliffe stars as Igor in *Victor Frankenstein*, a dynamic and thrilling twist on a legendary tale.

HANDOUT

he told me in 2014. "Having played one character for a very long time, that builds up in you a desire to play a number of different characters and do as much different work as you can. I like that you can't predict what my next thing is going to be."

Since *Potter* wrapped he has kept audiences guessing. From the Gothic horror of *Woman in*

Black and *The F Word*'s light romance to a biographical look at the Beat Generation in *Kill Your Darlings* and the twisted morality of *Horns*, the only predictable thing about his career is its unpredictability.

"It's about finding out what I'm good at, finding out which things I prefer doing because I've only done *Potter* up until a few years ago, so now this

period is really me going, 'If I had my choice.'

Being that I do have a semblance of control over my career, — which most actors my age don't — I feel I might not always have this opportunity to try loads of different things."

Radcliffe credits working with the likes of Alan Rickman, Gary Oldman and David Tennant on the *Potter* films with

giving him some perspective on how to manage his career.

"The defining feature of Alan, Gary, David and many more that I've worked with, is that they never want to stop learning," Radcliffe told me during an interview for *The Women in Black*.

"They never feel they are finished. Alan Rickman is constantly trying to get better and

refined. When you see that in someone who is A) Brilliant and B) 30 years older than you, it's very inspiring to see they have gone through their whole careers and never been satisfied."

Radcliffe has perspective on where he'd like his career to go, but what about the fame that came along with playing *Harry Potter*? The next day after *The Woman in Black* premier I asked him about the screaming fans that greeted him and what that does to his ego.

"The thing you have to remind yourself is that it's not about me. It's about the fact that I played this character who became beloved. Anyone who took on this character would be getting this reaction. When I'm home, smoking a cigarette and it's cold and I'm eating half a pizza — you have to take a picture of yourself then and play it to yourself when you're on the red carpets and go, 'Yeah, you're not all that.'"

MOVIE RATINGS

by Richard Crouse

Creed ★★★★★
The Good Dinosaur ★★★
Victor Frankenstein ★★★
Trumbo ★★★

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Radcliffe, McAvoy on new starts

VICTOR FRANKENSTEIN

Actors reflect on God, creating life and fresh beginnings

Luba Egorova
Metro | New York

In Victor Frankenstein, James McAvoy and Daniel Radcliffe join a long tradition of actors, usually British (or Scottish), playing Mary Shelley's mad scientist and his assistant. But they are the first to play with this dynamic: Instead of Frankenstein's lowly, hunch-backed helper, Igor is a dandy and a medical genius in his own regard. It also allowed the two actors to goof around on the set of a particularly nutty what-if.

This is your first time working together but you seem to have a mutual admiration. So what was your relationship like on set?

James McAvoy: When I have to work with people I don't like, and I think they are really horrible. I generally never argue with them either. We got on really well. There was no arguing.

Daniel Radcliffe: Yeah. I think that the image people have of actors being like constantly at war with each other isn't generally the case.

What is your relationship with science? What grades did you get at school in physics and chemistry?

M: I didn't take physics. But I did take chemistry and biology for a very short time. And in chemistry, I think I got a C, and in biol-



Daniel Radcliffe, left, and James McAvoy star in Victor Frankenstein, opening this weekend. CONTRIBUTED

“The nice thing about being an actor is that on every single job, it's like a clean slate — a new director, new crew, maybe even a new country.” James McAvoy

ogy a B-. And then when I grew old enough to choose subjects I would specialize in, I dropped them both and took English and music. I always enjoyed science at school and I enjoy hearing scientists and talk about science. But I'm definitely glad I don't have to learn it or do it.

We are all going to die someday. Would you like to be raised from the dead by some genius?

R: Yeah, as long as I'm the

only one. (Laughs) And he won't do it to everybody, so that there are lots of dead walking around. I'd like to think about myself as special.

Creating life is like playing God. Do you believe in God? Have you ever wanted to challenge God?

M: Yeah.

R: No.

M: Even people with great faith and those who have

a close relationship to God challenge him, like his son. We all challenge things we believe.

Victor is challenging God. “I can do it better” — that's what he's saying. There is an idea of god-creator and the idea of faith. We are moving towards it every day, trying to become people. It's an everyday life. And that is what the Frankenstein story is about.

At the beginning of the film, Daniel's character doesn't have a name. Do you know this feeling? Have you ever wanted to start anew?

R: As actors we put a mask on and become nobody and anonymous in that way. In

real life, you often don't want to be well known nor famous, and sometimes I remember I didn't want to be an actor any more.

M: The nice thing about being an actor is that on every single job, it's like a clean slate — a new director, new crew, may be even a new country, new language, all that kind of stuff.

And you kind of go, “Alright, that last job was a f—ing nightmare.”

Maybe I wasn't who I wanted to be or wasn't at my best. But what is great about acting is that you are not pretending to be someone else but try to be your better self.

CHRISTMAS FILMS

How to make a holiday favourite

The test of a truly great Christmas movie is not in its opening weekend, it's in the years that follow. It's with that understanding that Love the Coopers writer Steven Rogers will evaluate how his ensemble family flick does, noting it's the film's afterlife that will really determine whether he has a hit.

“Absolutely (making an enduring favourite is) what you aspire to,” says Rogers in a recent interview from Los Angeles, listing some of the Christmas-themed films that have become personal staples over the years.

“I remember watching It's a Wonderful Life when I was really young for the first time and just going around to everyone saying, ‘Do people know about this?’ I thought it was the most remarkable movie.”

Hollywood tries to create a new holiday classic year after year, and there's a bevy of contenders this season including the Seth Rogen comedy The Night Before and the upcoming horror flick Krampus. Meanwhile, the Canadian spine-chiller A Christmas Horror Story continues a theatrical roll-out to Edmonton, Ottawa and Saskatoon on Dec. 11 in addition to its recent DVD release. But Scrooged scribe Mitch Glazer says it's not easy to craft a holiday tale, noting it can easily veer into saccharine territory if you're not careful.

“You don't want to be cynical and sentimental — meaning manipulative in a crass way — but you are dealing with the Christmas season,” says Glazer, who scored a holiday classic with his 1988 adaptation of the Charles Dickens novel A Christmas Carol, starring Bill Murray as a pompous TV boss.

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IT'S THE FINAL COUNTDOWN METRO RANKS ROCKY

The Rocky series gets a semi-spinoff with Creed. And for the first time, Sylvester Stallone's storied underdog isn't the centrepiece. This one follows Apollo Creed's son, Adonis, with Rocky as his mentor. So how does it stack up to the others? Here are our four favourite Rocky films. **MATT PRIGGE/METRO NEW YORK**



1 Rocky (1976)

Along with Jaws the year prior and Star Wars the year after, the first Rocky is often credited with helping break the gritty, downer streak that had come to somewhat (if by no means entirely) dominate Hollywood in the '70s. But it's still pretty downer and gritty, and it doesn't end with our palooka pugilist even winning. What its many, many knockoffs get wrong is that it's not just about the melodrama and a cheer-able close. Sylvester Stallone's Rocky really has his hills and valleys before he hits the mountaintop. Also often neglected: Stallone's performance, which is so lived-in, so lively, so genuinely lovable that it's easy to take for granted.

2 Creed (2015)

The first movie to feature Stallone's Rocky without being written (and in four cases, directed) by Stallone, Creed is technically fan-fiction, courtesy Fruitvale Station maker Ryan Coogler. But it balances honouring the classics with being its own thing, feeling fresh even when it's pounding out a classic training montage or a big climactic bout. Michael B. Jordan's Adonis — the aspiring boxer son of dead-and-gone Rocky rival-turned-bud Apollo Creed — may be the lead, but Rocky doesn't just pass the torch. Even after four decades, Stallone is able to find new notes inside a character who has aged from Rocky from the block to a superstar, back to a guy who's back on the block, mourning the many who've passed on.



3 Rocky III (1982)

The sequels — before the genuinely melancholic revival Rocky Balboa in 2005 — turned increasingly silly and outsized to match a star who himself turned silly and outsized. The third is at least deeply entertaining, no less because it has a villain — Mr. T's Clubber Lang — whose personality is so big and charismatic he threatens to hijack the entire franchise. At least Stallone the director had evolved. He was among the first in Hollywood to adopt a punchier MTV esthetic to mainstream filmmaking (and thus made the movies shorter by about 20 minutes). As Matt Zoller Seitz illustrated in a video piece about Stallone's filmmaking, the difference between the sleeper '70s training montages of II and the jazzed-up one in III is chasmic.



4 Rocky Balboa (2006)

The '90s were spotty for Stallone, and the first half of the '00s were abysmal, the star bottoming out with DTV fare like Avenging Angelo and the disastrous (and disastrously titled) Eye See You. You could cynically say he was just being cynical when he dusted Rocky off (and then Rambo, too), but he took the return seriously, in part because he wanted to give a noble send-off to a character who'd gone out like a chump in the little-loved Rocky V. Balboa is in many ways stubborn: at times sleepy and old-fashioned, even spotty, but it's also deeply felt. Even its appropriations of the original, including the same ending, feel sincere, devoted to a character who feels as real as Stallone himself, if not more so.

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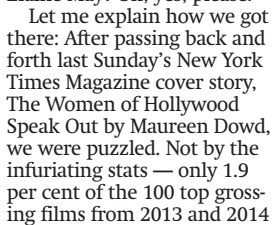
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But then, the story ends with a 35-year-old female director asking "Why can't I

"Joining men in the race to the bottom in terms of the culture might be equitable," my partner Simon argued,

But it was a quote from a young female director about women not being able to recover after a flop the way male directors do that turned light bulbs on over our heads: "These dudes, man," Leslye Headland, who "wants to be a Martin Scorsese" — and not

Jessica Allen is the digital correspondent on CTV's *The Social*.

The full list can be found at Forbes. AFP



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Scaredy-dino faces his fears

PETER SOHN

Young dino finds out what he's made, as the director did

Steve Gow
For Metro Canada



When Peter Sohn joined Pixar Studios 15 years ago as a story artist on *Finding Nemo*, he would've never dreamed that he'd someday be directing his very own movie. Even now, with his debut family epic *The Good Dinosaur*, he's quick to give credit to the animation empire.

"People at Pixar — they really support you," said Sohn in Toronto about his quick rise through various departments at the animation house. "I remember working in L.A. and when you were done with a project, you were laid off. That's not the case at Pixar — once you're done with a project, you're able to move to another project (and) it becomes more about doing your best."



The Good Dinosaur marks Pixar artist Peter Sohn's directorial debut. CONTRIBUTED

For Sohn, his finest work included important contributions to such box-office hits as *The Incredibles* and *Monsters University* — not to mention lending voice work to supporting characters in such films as Oscar-winner *Ratatouille*.

"In the story department, you're always pitching your scenes so you're doing the voices," admitted Sohn about how he stumbled into voice work as well as an animation. "It does give you a lot of learning too (for) directing other people."

The truth is, *The Good Dinosaur* relies heavily on Sohn's personal experiences as well as his professional success. Set within the premise that dinosaurs never went extinct, Sohn's feature follows the Jurassic journey of a stray *Apatosaurus* trying to overcome his fears while trekking home with a young Neanderthal amigo.

"It didn't set out to be a parallel but it became that," admitted Sohn. Like most good fantasy, the film's themes echo real life. After all, Arlo the *Apatosaurus*'s challenge to

find out what he's really made of mirrors Sohn's struggles with his own self-confidence as a young Korean immigrant artist in America.

"When fear stops me from doing what I need to do; when I feel like I'm not worth anything (and) I'm trying to find a way to get through it," explained Sohn. "It was always the love of movies and the love of my family and people around me — there was always that answer. What a simple concept — you can't get rid of fear but you can always get through it."

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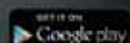
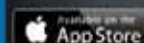
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Nixon plays a terminally-ill mother in the upcoming drama *James White*. CONTRIBUTED

Nixon's life after Sex and the City

JAMES WHITE

Stepping out of SATC shadow, Nixon drawing Oscar buzz

Steve Gow
For Metro Canada



It's been over a decade since *Sex and the City* ended its run on HBO and while the hit television series' stars have remained shrouded in the shadow of its success, Cynthia Nixon is finally stepping into the spotlight.

Starring in a forthcoming biopic about poet Emily Dickinson and recurring as a therapist in the upcoming season of Showtime's hit drama *The Affair*, the SATC actress is finally breaking out from being only recognized as Miranda Hobbes.

"It was a great time in just about every way," recalled Nixon recently of the classic series. "Least of which was how deliciously the scripts were written and all the fun things you got to do. Its fun to have an ensemble like that (when) you mesh so well."

However, once the series

MOVIES

Cynthia Nixon's early career role model

Nixon may have started acting as a kid, but she always focused on the field for her career.

As such, one of her idols became actress (and Gwyneth Paltrow's mother) Blythe Danner after Nixon worked with her on stage.

"I was so impressed with not only her unbelievable skill, beauty and charm but what a rich, full life she had and how devoted she was to her kids," said Nixon. "She was a big role model for me."

ended, the twice-Emmy winning star found herself trying to shake the tyranny of typecasting. Instead of simply taking easy money because producers "think you should be doing romantic parts," Nixon chose to be cautiously selective — a choice that's finally paying off.

"I'll be 50 next year and the thing about getting older is there are fewer parts but the good news is, if you can get them, they're really interesting," said Nixon.

Specifically, she cites her latest portrayal as a terminally-ill mother dealing with a slouch son in the award-winning drama, *James White* — a role that's even drawing early Oscar buzz.

"When (producers) make movies about people dying of diseases, a common trap is that they set up a very two-dimensional character and then it's all about the disease," said Nixon, humbly crediting her positive reviews to filmmaker Josh Mond. "People are very moved by the story (and) what's wonderful is how personally it hits people."

But *James White* also struck Nixon intimately. Just before shooting the film, her own mother succumbed to cancer — a somber circumstance that only informed and emboldened her even more to the character.

"I would've taken the part regardless of the situation but because of my situation, I was better equipped to do it," admitted Nixon. "So even though it was of course sad at times, I think making the movie made me feel closer to my mother."



“

I'll be 50 next year and the thing about getting older is there are fewer parts but the good news is, if you can get them, they're really interesting.

Cynthia Nixon

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The Revenant shoot a mean feat

Leonardo DiCaprio in *The Revenant*. THE ASSOCIATED PRESS

WILDERNESS EPIC

Director, star discuss brutal challenge of making movie

Filming the harrowing wilderness epic *The Revenant* was like "rock climbing without a rope," director Alejandro Gonzalez Inarritu (*Birdman*) told a crowd at one of the first public screenings of the film. "There is no way down," Inarritu said. "You have to go up or you die. There was no choice for us."

After the credits rolled and the audience stood up to cheer, Inarritu was joined on the Samuel Goldwyn Theatre stage at the Academy of Motion Picture Arts and Sciences by star Leonardo DiCaprio and other members of his filmmaking team, who braved a brutal British Columbia winter to shoot the film this past year. He put the final touches on the film last week for its limited release on Dec. 25 followed by a nationwide expansion in January.

Set in 1823, *The Revenant*, based on a 2002 novel by Michael Punke, follows Hugh Glass (DiCaprio) and a team of fur trappers on an expedition cut short by a vicious ambush — the first scene that they shot. Soon after, Hugh is mauled by a bear and left for dead by his fellow frontiers-

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man. He wills himself to survive and endeavours to enact revenge on those who have wronged him.

"This is a very linear, straightforward, brilliantly simplistic screenplay... we wanted to find the poetry in between that," DiCaprio said of his performance, which requires very little dialogue for a 151 minute movie. "It was about us immersing ourselves in nature and putting ourselves as close as we could to the struggle of these people and finding the through-line in that process."

That immersion wasn't exactly a pleasant experience all of the time. Shooting *The Revenant* was a feat unlike that of any other film, with elaborate rehearsals and preparation months out only to have minutes to shoot on the day.

"It's all a beautiful blur to me," DiCaprio said, likening executing Inarritu's long shots to performing theatre every day. "You have to rehearse meticulously and then it's a mad, intense scramble to capture this magic light, this precious hour and a half."

The tension of getting the shot right translates into the movie and the performances, DiCaprio said and was a bonding element between the cast and crew.

"This is the most difficult film, I think, that any of us have ever done."

THE ASSOCIATED PRESS

HOLLYWOOD

Transgender issues in expanding spotlight

The Danish Girl, a film about transgender pioneer Lili Elbe, hits U.S. theatres this week, riding on a wave of growing cultural awareness and media attention on LGBT issues.

The movie, by British director Tom Hooper (*The King's Speech*), tells the story of Danish artist Einar Wegener, who underwent one of the first sex reassignment surgeries of the 20th century and became known as Lili Elbe.

Appearing at the Los Angeles premiere of the movie over the

weekend, actor Eddie Redmayne said he was very much ignorant of transgender issues when he first read the script about four years ago.

"I fell into all the clichés of ignorance," he told reporters. "I didn't realize that gender and sexuality weren't related."

Redmayne said he spent months researching his character and LGBT issues.

"There hasn't been much progress except in the last few years, where there has been a sea

change," Redmayne said.

That change is reflected in a number of TV series that deal with transgender issues, like *Transparent* and *Orange Is the New Black*, and the publicized transition earlier this year of Caitlyn Jenner.

President Barack Obama's administration has also championed LGBT issues, hiring the first openly transgender staff member at the White House, where *The Danish Girl* was screened on Monday.

Despite all the work still left to do, David Ebershoff, author of the novel published in 2000 that inspired the film, and others agree there is no going around the fact that a page has been turned for the transgender community.

The Danish Girl opens in Toronto on Dec. 11 and elsewhere in Canada through December and the new year. Redmayne is seen as a strong contender for an Oscar for his moving performance as Lili. AFP



Eddie Redmayne stars in *The Danish Girl*. CONTRIBUTED

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Director: Peter Sohn
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ROTTEN TOMATOES™ SCORE

Critics: Audience:
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DRAMA

Trumbo

Director: Jay Roach
Starring: Bryan Cranston, Alan Tudyk

In 1947, Dalton Trumbo was Hollywood's top screenwriter until he and other artists were jailed and blacklisted for their political beliefs. The film recounts how Dalton used words and wit to win two Academy Awards and expose the absurdity and injustice under the blacklist.

ROTTEN TOMATOES™ SCORE

Critics: Audience:
🍅 73% 🍿 76%



DRAMA

Creed

Director: Ryan Coogler
Starring: Sylvester Stallone, Michael B. Jordan

Adonis Johnson never knew his famous father, world heavy weight champion Apollo Creed, who died before he was born. Still, there's no denying that boxing is in his blood, so Adonis heads to Philadelphia, the site of Apollo Creed's legendary match with Rocky Balboa.

ROTTEN TOMATOES™ SCORE

Critics: Audience:
🍅 92% 🍿 96%



DRAMA

Victor Frankenstein

Director: Paul McGuigan
Starring: James McAvoy, Daniel Radcliffe

James McAvoy and Daniel Radcliffe star in a dynamic and thrilling twist on a legendary tale. Radical scientist Victor Frankenstein and his equally brilliant protégé Igor Strausman share a noble vision of aiding humanity.

ROTTEN TOMATOES™ SCORE

Critics: Audience:
🍄 22% 🍿 54%



ART HOUSE

Legend

Director: Brian Helgeland
Starring: Tom Hardy, Emily Browning

The true story of the rise and fall of London's most notorious gangsters, Reggie and Ronnie Kray, who captivated the public and once upon a time lorded over a criminal empire. This classic crime thriller takes us into the secret history of the 1960s and the extraordinary events that secured the infamy of the Kray Twins.

ROTTEN TOMATOES™ SCORE

Critics: Audience:
🍄 59% 🍿 74%



DRAMA/ACTION

The Hunger Games - Mockingjay 2

Director: Francis Lawrence
Starring: Jennifer Lawrence, Julianne Moore

With the nation of Panem in a full-scale war, Katniss confronts President Snow in the final showdown. Teamed with a group of other fighters, Katniss goes off on a mission to liberate the citizens of Panem.

ROTTEN TOMATOES™ SCORE

Critics: Audience:
🍅 71% 🍿 75%

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NEW FILM

Bryan Cranston talks Dalton Trumbo's moral stance

Richard Crouse
For Metro Canada



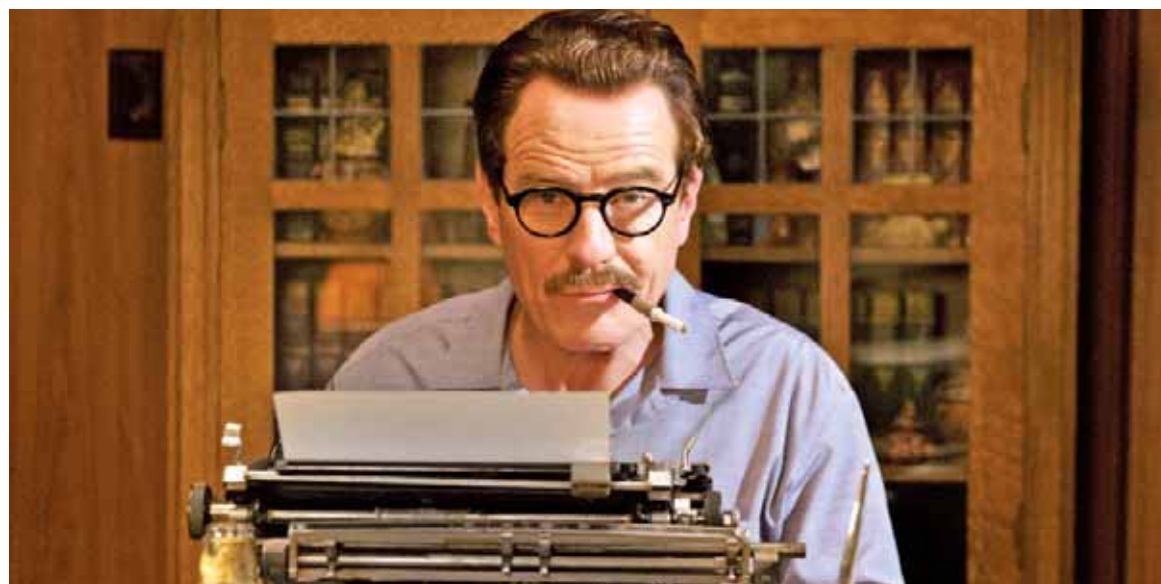
For a brief time Dalton Trumbo was the highest paid writer in Hollywood, which also meant he was the highest paid writer in the world.

He was a family man, a wealthy and proud American communist whose career was sidelined by The Motion Picture Alliance for the Preservation of American Ideals.

A new film called Trumbo, starring Breaking Bad's Bryan Cranston, tells the story of how the Academy Award winning screenwriter was reduced to penning scripts for b-movies like The Alien and the Farm Girl.

"Under the first amendment you have the right to free speech and Trumbo felt very strongly about that," says Cranston.

"He thought it was un-Amer-



Bryan Cranston plays blacklisted Hollywood writer Dalton Trumbo in Trumbo, opening this weekend. CONTRIBUTED

ican and unconstitutional for the House Un-American Activities Committee to hold these hearings and demand under threat of contempt of Congress that people answer these questions.

The questions were things like: Are you now or have you

ever been a member of the Communist Party? And, if so, to save yourself, renounce it now and tell us who else was a member.

The committee wanted these people to give names so they could go after more people.

"It's fundamentally wrong and he felt that was wrong and

unconstitutional to ask that question," says Cranston of Trumbo's reaction.

Trumbo didn't name names and paid a heavy price, losing his lofty Hollywood perch and almost his family.

"In a way I relate to Trumbo," says Cranston, but admits he's

not sure what he would do if his career was ever placed in a similar kind of jeopardy.

"What would you do if they subpoenaed you and said, 'We want to know who else likes baseball? Who is it?' Would you point the finger at other people who found enjoyment out of

playing baseball?

"Of course I would love to think I would be honourable and not do it, but I have to be honest and say, that's a hypothetical. I think I would be resistant to that pressure and perhaps even pay the price, but do I know for sure? No.

"I don't know for a certainty because I'm not faced with it."

After wrapping his five-season career-making run as Breaking Bad's Walter White, Cranston has kept busy, winning a Tony Award for playing Lyndon B. Johnson on Broadway in All the Way and has eight films in various stages of completion. He made time for Trumbo because "the story itself is brilliant and that is the first thing I look for," but admits he's gotten picky about the parts he plays.

"I don't want to now take a job for money. I take jobs because I'm attracted to them by the creative element or because it challenges me in some way and my agents are incentivized to work out the best deal they can.

"I don't want to portray this idea that I'm just about the art. I've been poor and I've been rich and rich is better."



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Nat Geo Wild about couchsurfing safari

TV SPECIAL

Settle into your easy chair for a live tour of game reserves

As a chaser to the Thanksgiving feast and football, consider heading out on an African safari.

There's strictly armchair travel involved for Nat Geo Wild's live telecasts from Sabi Sands, a private game reserve in South Africa's Kruger National Park that's likely to dazzle even from a distance.

The no-sweat safaris, which begin Friday night, will offer "a real-time experience transporting viewers to a place they all want to go but may not have the opportunity," said Geoff Daniels, head of Nat Geo Wild.

"That we can beam audiences half a world away into the African bush is magical and stunning," said Daniels.

It's hard to fault his enthusiasm. Painstaking planning, skilful use of technology and helpful time zones will combine to bring one of Africa's largest game reserves, home to lions, leopards, elephants and more, to U.S. viewers.

Safaris typically are conducted at dawn, when the sun is coming up and animals are most active, and at dusk, Daniels said, making the telecasts relatively easy to schedule.

The excursions will air 11 p.m. to midnight EST Friday, Saturday and Sunday, with two-hour daytime specials at 9 a.m. EST daily from Saturday to Friday, Dec. 4.



A cheetah during the Big Cat Games in Busch Gardens Tampa.

NAT GEO WILD/THE ASSOCIATED PRESS

"It's 100 per cent live," Daniels said. "We've got two safari vehicles going into the bush with microwave transmitters and cameras placed on the back of the jeeps."

The camera deployment will allow viewers to see everything they would if physically in the reserve, and in "full-blown HD" to boot, Daniels said. Drones will add overhead camera angles to add "a sense of the scale, scope and of action ... from a different perspective."

There's an online component as well, including the opportunity to ask questions via Twitter

of the safari guides, who will respond during the telecasts, and an online bingo game with an actual safari as the prize.

Nat Geo, with producing partner Wild Earth, has been showing live safaris online for the past year and fine-tuning the process, Daniels said. They've attracted an enthusiastic following that includes shutterbugs taking photos of animals and sharing on social media.

Pieter Pretorius, a veteran guide who's handled the online safaris, says he's delighted with the expansion to TV.

"It's hugely exciting," he said by phone from Namibia, which borders South Africa. "We're opening up beautiful areas to potentially millions of people, and those people will form bonds with the environment because they're experiencing it in such a real way."

While Daniels calls the safaris the cherry on top of Big Cat Week, there are other notable programs.

The annual event kicks off with Cougars Undercover, 9 p.m. Friday, which showcases the Teton Cougar Project in Wyoming, a study by the wild cats conservation group Panthera.

As with the safaris, technology is key to Cougars Undercover. Sophisticated cameras provide access to the cats in a "non-invasive way," Daniels said, following

two mountain lion moms and their

cubs and documenting the cougar population's challenges.

Other Big Cat Week programs include The Lakeshore Killers, 9 p.m. EST Saturday, about a trio of male African lions coming of age, and The Ultimate Predator, 10 p.m. EST Sunday, a look at who rules among the dozens of cat species.

Nat Geo Wild's goal is to entertain and enlighten, Daniels said.

"It's our mission to deliver things like this (safari) experience ... and transport people into areas we really want them to care about," he said. "We're trying to get people to fall in love with animals and do a better job of taking care of them around the world."

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A hyena family in a South African game reserve.

PIETER PRETORIUS

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"The development on which we're currently working is a 130 acre property that sits directly in front of the Pacific Ocean", states Gordon Poole, Vice-President of Design and Construction. "It is located 60 kilometers south of Manta, the regional capital. Of the 1,700 lots on the development, there are only about 350 left unsold", he adds.

"Infrastructure is coming along quickly, and home construction is well underway, with 125 homes completed and many more starting this year. A beautiful outdoor sports facility is operational, businesses are beginning to set up shop and the parks are breathtaking. A few years from now, this little slice of heaven will be the envy of investors who didn't seize the opportunity", says Poole.

WELL-KEPT SECRET

For now, Ecuador remains a relatively well-kept secret. Properties are much more affordable than in similar destinations. "Prices reflect what was available in Costa Rica 15 years ago, but in a country where first-rate and modern infrastructure is already in place," says Poole. "The country is amongst the safest in Latin America and the currency is the US dollar, which is very reassuring for investors," he adds.

Lots on HolaEcuador's Pacific coast development start at US \$22 600, while construction of a two-bedroom, one-bathroom house starts at US \$69 900.



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PUBLIC SPECTACLES

A history of Grey Cup halftime shows from Luba to Fall Out Boy

Alan Cross
For Metro Canada



Sunday marks the 103rd edition of what some still call The Great National Drunk. And while the Grey Cup will always be dwarfed by the Super Bowl, we Canadians should remember that our game was into proper halftime spectacles before the NFL.

The first two dozen Super Bowl halftime shows featured little more than marching bands, over-produced thematic salutes (Hollywood, Mardi Gras, the cast of *Peanuts*) and insulin shock-inducing Up with People performers. It wasn't until 1993 that the league got serious, inviting Michael Jackson to perform at Super Bowl XVII.

The CFL had already discovered that the Grey Cup

halftime worked better if the league presented more than some very smart dogs doing tricks.

The modern Grey Cup halftime show began in Winnipeg in 1991 when Luba — still very hot with songs like *Let It Go* — was brought in. This was the first Cup game to be held in Winnipeg, so organizers needed to prove that playing the game outdoors on the Prairies in November wasn't

such a bad idea.

From then on, the Grey Cup halftime show became a much bigger priority. (There were a few duds like 1999's CFL Cheerleader Dance Routines, but never mind.)

In Toronto in 1992, it was Celine Dion. Vancouver brought in Tom Cochrane in 1994. The Guess Who entertained at McMahon Stadium in Calgary in 2000. Two years later in Edmonton, it was Sha-



Justin Bieber (2012)



Black Eyed Peas (2005)



The Guess Who (2000)

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nia Twain, followed by Bryan Adams and Sam Roberts (Regina, 2003) and the Tragically Hip (Ottawa, 2004).

Starting in 2005, organizers became open to hiring international acts, a controversial move given that the Grey Cup is supposed to be a quintessentially Canadian experience, but the Black Eyed Peas (Vancouver) did give the game an enhanced sense of prestige, as did Lenny Kravitz's performance in Toronto in 2007.

After that the pendulum swung back towards Canadian performers: Theory of a Deadman, Suzie McNeil and Andree Walters (2008), Blue Rodeo (2009) and Bachman & Turner (2010), Nickelback (2011), Justin Bieber, Carly Ray Jep-

son, Marianas Trench and, um, Gordon Lightfoot (2012) and Hedley (2013).

Now we seem to be into an international cycle again. Imagine Dragons brought down the house in B.C. last year. And despite the challenges of booking an international band on American Thanksgiving Weekend, Fall Out Boy will be at Investors Field in Winnipeg this Sunday.

ONE OTHER THING

The NFL doesn't pay its halftime performers a fee, saying that the exposure they get is enough. The CFL cuts a cheque every time.

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Vergara posts wedding to Instagram

MEDIA

Marketing consultant: Sharing smart for celeb brand

Newlyweds Sofia Vergara and Joe Manganiello might have cashed in by selling their wedding photos to a celebrity magazine, but instead they posted the pictures online, and the benefits could be priceless.

Vergara shared 55 photos from her wedding weekend on Instagram, from the romantic, flower-filled setting to her first dance with her new husband. There are shots of her co-workers — Modern Family stars

Eric Stonestreet, Ty Burrell and Jesse Tyler Ferguson — and a snap of the couple cutting their cake. It's like an extended magazine layout without the magazine.

By sharing the photos via social media, Vergara was able to "give fans the best perspective on her special day: her own," said Instagram exec Charlton Gholson.

She not only controls the narrative, she cultivates an image of accessibility, which could have an even bigger payoff.

Marketing consultant Dorie Clark said the move sends "a clear branding signal that you are of the people."

"Just because magazines want to pay you tons of money

for your photos, you're not succumbing to that," she said. "You're a regular gal and you're releasing photos on Instagram the way your friends do. You're not a spoiled Hollywood starlet. You're of the people."

That kind of image is more fan-friendly — and almost expected in the era of reality-TV, said Bonnie Fuller, editor-in-chief of celebrity site HollywoodLife.com. Such accessibil-

ity also fits Vergara's character on Modern Family, Fuller said.

"People who tune into the show love to see her being so happy and love to see her love story that she found true love with Joe Manganiello," she said.

"She looks so beautiful and she's so excited, and you like her even better and you can't wait to see her back on her show."

Other stars have skipped

traditional publications to bring their personal photos straight to the people. Beyonce and Jay Z posted the first pictures of daughter Blue Ivy on their personal websites. Justin Timberlake and Jessica Biel used Instagram to publicly share the first shots of their son, Silas.

"I think we're going to see more stars doing this, not less," said Fuller, who notes

that magazine publishers don't have the budgets they once did. "Social media has given such a forum to celebrities."

Ultimately, Vergara and Manganiello making their wedding pictures widely available could lead to even more coverage in celebrity media, Clark said: "You might get more publicity value than in cash value had you sold the rights exclusively."

THE ASSOCIATED PRESS



The Modern Family actor shared 55 wedding photos with fans via her Instagram account. [INSTAGRAM.COM/SOFIAVERGARA](https://www.instagram.com/sofiavergara)

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'Rocky' effect put Philly on world map

TOURISM DRAW

Plenty of love for movie saga in resurgent city

It is a classic slice of pop history: Sylvester Stallone — a.k.a. "Rocky" — jogging up the steps of the art museum in Philadelphia.

For four decades, the boxing saga whose latest chapter hit U.S. screens Wednesday, helped put Philly on the map.

The 72 "Rocky Steps" — as they are known — are an irresistible draw to tourists who come to mimic the iconic scene from the Oscar-winning 1976 movie about an aspirational boxer named Rocky Balboa.

"The Rocky movie series has been an incredible part of the history and the legacy of the city Philadelphia," Mayor Michael Nutter told AFP. "I mean this has been going on for 30 years now. It's a part of us and we are a part of it."

At the foot of the famed steps towers a 10-foot bronze statue of Rocky, commissioned by the saga's star and creator Stallone for Rocky III and donated to the city after the shoot.

On a crisp fall day, Agga Dharma, a Buddhist monk newly arrived from Myanmar, waits in turn with a dozen tourists to snap a selfie beside it. Yes, he says, Rocky is a phenomenon in his native Burma too.

The statue is Philly's most asked-about landmark behind the Liberty Bell, a symbol of the birth of the United States, says Anne McGuigan, a volunteer at the tourist office.

Visitors can pick up Rocky-themed maps guiding them to the steps and statue, but also a dozen locations from the Italian market, home to Esposito's Butcher shop, to Pat's King of Steaks — the Philly cheesesteak sandwich spot — or the Penn's landing waterfront.

"The Rocky movie series," says Nutter, "put Philadelphia on the international map. For that, we're very proud and very grateful."

Now Creed is hitting screens just in time for U.S. Thanksgiving. The saga's seventh installment sees Stallone return as the veteran Balboa, called out of retirement to mentor the son of a late friend and boxing rival.

Restored pride
Rocky's popularity is not uni-

versal in Philly. Some here see the franchise, already spun out across five sequels and a Broadway musical, as having run its course long ago.

"Some people like it, some people don't," said Jordan Morinich, an employee at Esposito's, of the phenomenon. "All the shops used to have a picture of him inside. We never had one. I don't think it changes anything for business."

The Rocky statue was originally located at the top of the famous steps, but had to be moved after locals complained it was inappropriate outside a museum.

But in Pennsylvania's largest city, Rocky still gets a lot of love.

"When it first came out, it restored pride to the city," said Vince Giaccobi, who grew up in Philadelphia. "In the '70s and '80s, the city wasn't where it needed to be," he said, referring to its reputation as a blue-collar, struggling town.

These days, it is a city on the

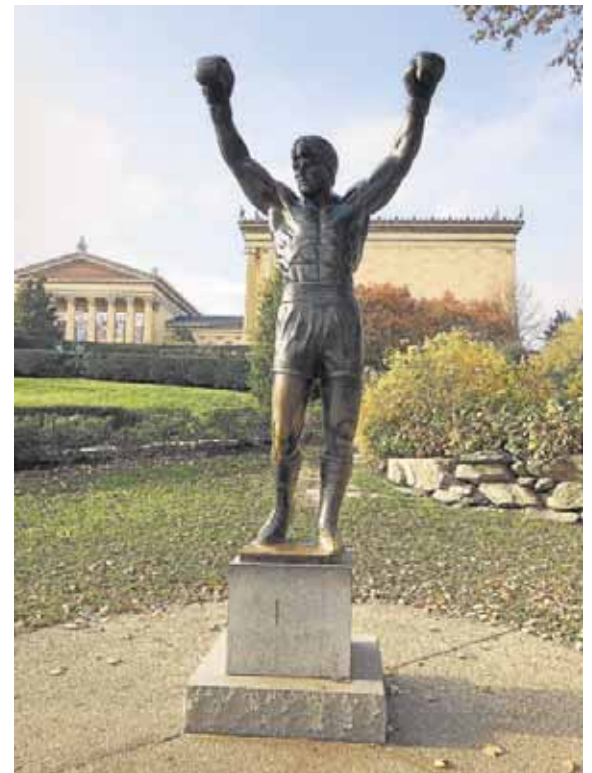
move, something of a boom town. Largely neglected for decades, its downtown has been revitalized, and bristles with new restaurants, bars and construction projects.

Poverty remains a concern, with a citywide level among the 10 highest in the country. But economic growth is solid.

"It's changed a lot. Now it's more culturally oriented. I think it's for the better," Giaccobi said.

Craig Schelter, executive director at the city's Development Workshop, which acts as a bridge between government and the private sector, says tax benefits in 1997 were critical to the downtown rebirth.

Developers began investing massively and by 2008, cable giant Comcast was moving into its new headquarters there. Big growth at the city's big three universities — Penn, Drexel and Temple — also has been a driving factor, according to Schelter. THE ASSOCIATED PRESS



The 10-foot Rocky Balboa statue in front of the Museum of Art in Philadelphia. THOMAS URBAIN/AFP



Every time Rocky comes out, I get 50 kids in the gym.... With this opening up, it's going to be packed again. Frank Kubach, whose Front Street Gym was used to shoot Creed



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Porsche being sued in Walker's death

LAWUIT

Automaker responsible: Father of Fast & Furious star

Paul Walker's father is suing Porsche for negligence and wrongful death Wednesday over the 2013 accident that killed the Fast & Furious star.

Walker's father, who is the executor of his son's estate, filed the lawsuit claiming that the Porsche Carrera GT that his son was riding in lacked safety features that could have saved the actor's life. The lawsuit cites features included in other pending lawsuits against the automaker over the crash that might have saved the actor's life, including a stability control system, side-door reinforcements and a breakaway fuel line to help prevent the car from bursting into flames after a collision.

Walker was on a break from filming the seventh film in the



This April 29, 2011, file photo, shows Paul Walker in Rome during Fast and Furious 5 photo call. THE ASSOCIATED PRESS

Fast & Furious franchise when he was killed. He was riding in the Carrera GT driven by friend and business associate Roger Rodas when the car spun out of control, struck three trees and burst into flames on a street in Santa Clarita, Calif. The lawsuit seeks unspecified damages.

Rodas' widow, Kristine, who has a pending claim against Porsche in federal court, also filed a wrongful death lawsuit against the carmaker in state court on Wednesday.

An after-hours message sent to Porsche seeking comment was not immediately returned.

The car company has denied in other lawsuits, including one filed by the actor's daughter, that it is responsible for Walker's death.

On Nov. 12, Porsche stated in a court filing that the Carrera GT had been altered and improperly maintained and those factors contributed to the deaths of Walker and Rodas.

THE ASSOCIATED PRESS

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NEUROGASTRONOMY

How the brain processes flavours

Neurogastronomy is a relatively new phenomenon in the worlds of neurology and culinary expertise. It seeks to understand taste preferences and how the experience of eating could be modified by factors other than taste and smell.

Neuroscientists at the University of Kentucky in the U.S. and a number of renowned chefs have undertaken an experiment to see how patients

with taste impairments could recapture the joy of food. They announced their conclusions at a symposium organized by the International Society of Neurogastronomy which was held in Lexington earlier this month.

During this event, participants could visit eight tasting stations which demonstrated how our perception of flavours is not just influenced by the palate and the tongue.

The participants covered their eyes and nose, sniffed scent jars, and at ate while listening to different genres of music.

The aim was to explore the possibilities of improving the quality of life for patients who had

BRAIN FOOD

The brain uses all the senses to perceive flavour. Researchers are interested in modifying the eating experience by taking all of them into account.

lost their sense of taste or smell as a result of chemotherapy, brain lesions, a stroke, or neurological diseases like Alzheimer's and Parkinson's. And teams of neuroscientists, chefs and cancer patients competed with each other to make food that would appeal to the taste-impaired. AFP



Going barefoot for better health

STUDY

Shoes can have a negative impact, report

Walking barefoot helps to improve balance, posture and prevent common foot injuries, according to an American researcher.

Patrick McKeon, a professor at Ithaca College's School of Health Sciences and Human Performance in New York, says that the more people go barefoot at home, in the office or outside, the healthier their feet will be. He believes that the small, often overlooked muscles in the foot play a vital but underestimated role in movement and stability, similar to the core muscles in the abdomen.

The researcher explained their importance by describing the cycle of feedback between the large "extrinsic" muscles in the legs and feet, the smaller "intrinsic" muscles in the feet, and the neural connections that send information from them to the brain.

When this cycle is broken, it can lead to overuse injuries that most athletes are familiar with.

Shoes can also have a negative effect on this cycle, McKeon explained. "When you put a big sole underneath, you put a big dampening effect on that information. There's a missing link that connects the body with its environment."

Without the information provided by the small muscles in the foot, the larger muscles over-compensate and over-exert beyond the point of their natural ability to maintain and repair themselves. And when these muscles are no longer able to absorb the forces of activity, the forces are transferred to the tendons, bones and ligaments, resulting in an increased risk of injury.

McKeon says that the only way of reintroducing this link and reactivating the cycle is to take off our shoes and strengthen the muscles in our feet by walking barefoot.

Exercises consisting of shortening the foot by squeezing the ball of the foot towards the heel can be done anywhere at any time. They can be particularly beneficial for injuries such as ankle sprain and shin splits (a wear-and-tear injury that is common in dancers and gymnasts).

The professor says that the benefits are not just physical, they can also be financial. Strong feet simply need enough support to protect them and grip the ground, no more than that. No need to invest in very expensive shoes.

He also recommends that five to 10 per cent of the distance in a running routine should be barefoot, with a transition phase using ultra-light running shoes.

However, he suggests avoiding walking or running barefoot in winter, because the cold tends to anaesthetize any pain. AFP

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Group rowing is the new spin class

FITNESS

Advocates say it's low impact and works the whole body

Eva Kis
Metro | New York



Gyms have been moving their equipment into classes for a few years now, from SoulCycle's stationary bikes to the recent spate of treadmill studios. Now a new star is emerging — and it could be the best workout yet.

"If I was locked on an island with only one piece of equipment to keep me in shape, rowing is what I would be doing because it does hit everything I need," says Eric Von Frohlich, co-owner of the boutique studio Row House.

Rowing was actually his dirty little secret back when he was a cycling instructor 10 years ago.

"I needed something that was a little more full-body," he recalls, so he sought out CrossFit, which led him to rowing.

He opened Row House in New York in March 2014 with his wife and business partner, Debra Strougo Frohlich, and they've just expanded to a second location last month. On the lines of gleaming Concept 2 machines, they teach classes focused on rowing intervals. They promise a strength and cardio workout that engages 88 percent of the body's muscles and burns up to 600 calories per session.

"The reason we really got into rowing is we saw across the board how helpful it was as a piece of apparatus for so many different points in life and for so many different populations," explains Strougo Frohlich. "And especially because we are New



Despite how it looks, the effort of rowing comes 60 per cent from the legs, 30 per cent core and just 10 per cent arms. ISTOCK

squats, lunges, stretching of the hips and hamstrings, and push-ups. "What we're doing off the rower is building up your ability to spend more time on the rower," she says.

If you sit all day

Sitting is the new smoking, as study after study has shown, affecting everything from brain function to raising your risk of diabetes — so more sitting may seem counter-intuitive.

But that's how rowing targets some of the problems that people who sit for most of the day can develop. "The (rowing) motion is something that just about everyone needs, which is posterior strength and opening/closing of the hips," says Von Frohlich.

When you push back on a rower, you're loosening up your tight hamstrings, sitting at the optimal 90-degree angle and engaging the shoulder, back and core muscles. (Despite how it looks, the effort of rowing comes 60 percent from the legs, 30 percent core and just 10 percent arms.) It all adds up to better posture while seated, standing taller and reducing stress on the neck.

We are New Yorkers and we're time-starved and at the end of the day it's the most efficient workout there is.

Debra Strougo Frohlich, Row House

Yorkers and we're time-starved and at the end of the day it's the most efficient workout there is."

If you're starting from zero

Everything about the rowing experience is controlled by the user; Strougo Frohlich calls rowing the cardio version of yoga or Pilates. The pace is set by the user — the machine doesn't keep moving when you stop,

like a treadmill or spin bike — and risk of injury is minimal because your feet are strapped into place and your knees and ankles remain aligned, with no chance of twisting or torquing.

"It really comes down to what you want to put into the activity," says Von Frohlich. "You're not limited by the equipment; you're limited by your fitness level and your ability to push as hard as you want to push. And that's something that's kind of

beautiful and unique about it."

If you're trying to lose weight

Whether you have a little weight to lose or a lot, exercise can be unpleasant for many reasons. The constant jiggle of extra fat is not only uncomfortable but can be embarrassing, while the simple fact that you're carrying around more weight is tough on joints that would already be stressed by workouts like running.

On a rower, you're not only sitting — on a seat that's much larger than a spin bike — but the motion is virtually no-impact and your center of gravity is low, keeping you more stable.

"When you're on a rowing

machine, you don't have gravity pulling down on you that way," Strougo Frohlich explains. "You don't feel like you're putting stress on your body; you feel like you're almost weightless."

Why take a class

Some rowing enthusiasts find they get into a Zen headspace — Strougo Frohlich calls it "almost meditative" — but many find the repetition monotonous and give up due to boredom. A rowing class adds a social aspect, creates a high-energy environment and mixes rowing with other exercises.

The classes at Row House, with beginner and experienced levels, have participants get off the machines for intervals of

If you're looking to get toned

Strougo Frohlich stopped doing spin classes and put on almost 40 pounds during her last pregnancy four years ago. When it came time to get back in shape, she found that rowing not only improved her out-of-whack posture but could do what the bike could not.

"Once I got used to the rowing machine, I saw that it was getting all the hard-to-reach areas that a spin bike just never gets," she says. "You continue to strengthen your legs, your core and your upper body, which is really what you need for life, granted, but also for carrying a new baby."



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A taste of the real Jamaica

SOUTH COAST

Go off the beaten track to explore the island's culinary side

Melissa Dunne
For Metro Canada



When most Canadians jet off to Jamaica they go straight from the airport to behind the gates of an all-inclusive resort.

Once behind the gates, people are usually served bad drinks with little umbrellas in them, reheated versions of the same food you can get back home and truly terrible stale coffee in the morning when you're nursing the hangover from all the umbrella drinks you drank the day before.

Aim higher. If you're going to stay behind the resort gates you might as well stay home and sip on cheap rum in your basement while watching the latest hockey game. Instead of heading to the crowded, kitschy resorts in Montego Bay and Kingston, get a taste of the real Jamaica by heading off the beaten (tourist) track.

Jake's Hotel in Treasure Beach, where staff can organize off-site adventures with local guides accompanying you, is a great option for those wanting to safely explore the Caribbean island.

Jake's is a bumpy two-and-a-half hours' drive from Sangster's International Airport in Montego Bay. It's well worth the



The salt-water pool at Jake's Hotel, where the water is pumped in straight from the bay. PHOTOS COURTESY MARY APESOS/FINN PARTNERS

commute. Contact the hotel to arrange a driver, for \$134 US, one way, for up to a group of four. The boutique hotel is actually a collection of colourful cottages, ranging from small rooms with garden views starting at about \$135 US (all prices not inclusive of taxes and service fees, for a minimum five-night stay) to a luxury villa with ocean views from \$1,110 US per night during the high season (from Dec. 15 to April 15).

Eat and drink local

Eat al fresco at Jake's with the sound of the salt-water crashing



A lobster feast courtesy of One Love Boat Tours with captain Joseph Brown.



A traditional Jamaican breakfast at Jake's Hotel with fresh, locally grown ingredients.

against the rocks in the back-ground. The menu changes constantly, as it features local produce and seafood when it's in season. Be sure to try Jake's take on ackee and saltfish, Jamaica's national dish, for breakfast and pair it with a cup of famous Blue Mountain coffee.

To really get a sense of the St. Elizabeth Parish make sure to time your visit for the once-monthly farm-to-table event at Dool's Farm. The sunset dinner with the local farmer available to answer any questions is well worth the \$95 US, plus taxes and tips. Most people in the rural, relaxed parish will gladly talk your ear off, so don't be shy to ask about the provenance and importance of their local food and drink.

The warm staff at Jake's can also help set up a boat tour, including a private feast with freshly caught lobster on a secluded beach, followed by a visit to Pelican Bar. The picturesque bar is actually a shack in the middle of the sea where you'll likely sip on a few Red Stripe beers and Appleton Estate rums mixed with ginger beer.

Rum is in the running to become the next bourbon, so there's no better place to get educated about the good stuff than by taking a day trip to partake in the Appleton Estate Rum Tour.

Once you've ventured beyond the resort gates in Jamaica you'll wonder why you stayed behind them for so long in the first place.

The writer was a guest of Jamaica Tourist Board, which did not review nor approve the story.

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ON THE MOVE

Look at other sun spots when the dollar is weak

Loren Christie
For Metro Canada



The falling loonie has not only put a strain on the wallets of travellers heading to the United States but on sun seekers faced with rising prices from tour operators who do their contracting in U.S. dollars. But there are ways you can still take a winter holiday without breaking the bank.

Book now

Canadian travel companies have jumped on board the Cyber Monday shopping craze, making early next week the time to find some great deals. Starting Monday, Cheapflights.ca's 12 Days of Travel will feature one deal per day. These daily deals will cover budgets for every level and range from savings on Caribbean cruises, to dis-

counted airfares on airlines like WestJet and Air Canada, to major discounts on hotel stays in Cuba and Dominican Republic. Transat.ca is celebrating Cyber Monday with a one-day auction on Twitter to benefit SOS Children's Villages. Twenty lots comprising sun packages to destinations like Mexico, Curacao and St. Maarten and roundtrip flights to Europe from 11 cities will be up for grabs.

Consider off-season travel

According to a recent Travelzoo.ca survey more Canadians (73 per cent) are opting for off-season vacations to save on costs. Although it may mean for a longer winter, beach bums should head south after Easter when prices start to drop. Travelling to Europe in the off-season is a great alternative for Canadians. Not only is the

euro experiencing its own decline but there are deals to be had during the winter months. As an added bonus Canadians travelling to the "old world" in winter will experience smaller crowds than during the summer.

Seek out alternative (and better value) destinations

Skip the all-inclusive to Jamaica and head to spots in Central and South America like Panama and Ecuador, which are growing in popularity. According to online travel company FlightHub, Asia has seen a spike in popularity this winter with destinations like the Philippines and Thailand taking over the top ranking from the typical favourites Orlando and Las Vegas. Yes the flights to Asia are not cheap, but once you are on the ground you will get a much better bang for your Canadian buck.

Compare exchange rates

Consider getting local currency of the country you are travelling in versus bringing U.S. cash. It likely will yield you a better rate. Most major airports in the world have a bank machine making access to local currency easy when you first land.



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TRAVEL NOTES ASIAN ADVENTURE, AFFORDABLE LUXURY

Myanmar magic

Trafalgar travel company has added Myanmar to its Hidden Journeys list of tours for next year, offering an off-the-beaten-path 11-day guided experience through Yangon, Bagan, Monywa and Mandalay. Take part in the oil lamp ceremony at the Shwedagon Temple at sunset, have lunch in the home of a Bagan family and commune with fisherman on Inle Lake. Visit Trafalgar.com.



Shwedagon Pagoda, Yangon. RALF-ANDRE LETTAU

Top design

Holiday planning mode? Sign up for newsletters from Design Hotels. This is a savvy marketing agency with a curated collection of 270+ independent hotels in 50 countries, each with a passion for great design and architecture. You also get a culturally authentic experience without the fancy prices. In fact, there is a price-match guarantee. Visit DesignHotels.com.



Loisium Wine & Spa Resort, Austria. CONTRIBUTED

Yoga sanctuary

Smart health and wellness companies Healistiq and So Fresh Nutrition are co-hosting a Surf, Sun & Serenity Yoga Retreat Feb. 7 to 13 at the Sansara Resort in Cambutal, Panama. Renovate mind and body with yoga, hiking, surfing, fishing, cycling — and eating healthily — in this secluded tropical beach town five hours from Panama. Visit HealistiqEvents.com/retreats.

DOUG WALLACE



Cambutal, Panama. CONTRIBUTED

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Secret Santa: How to buy gift for a stranger

GIVING GUIDANCE

Make your gift a memorable one, no matter who it's for

Astrid Van Den Broek

You've pulled Sandra's name from payroll for the office Secret Santa gift exchange. Who's Sandra again? And what do you get this total stranger?

Whether you loathe or love a Secret Santa exchange, there are ways to make your gift a memorable one. (No need to resort to gift cards!) Here's what you can do.

CONSIDER YOUR ENVIRONMENT

Is this an office Secret Santa? A church? A family gathering? "A

gag gift might be perfect for the family but could be disastrous at work," notes Marie Anakee Miczak, the New York-based blogger behind gavethat.com. If you do opt for a gift card, make it one of the more unique ones rather than just a usual coffee card.

"They can be ones for fun experiences or an unexpected treat such as a movie out with friends," Miczak adds.

THINK ABOUT YOURSELF

As in...what types of gifts do you like to receive but never get? "If you do that, even if you don't know them well, it's a safe bet that the recipient doesn't already have it — so think about something luxe such as cashmere socks, a high-end candle or letter press coasters," says Lindsay Roberts Schey, founder of the blog TheGiftInsider.com.

GO EDIBLE

Who doesn't like to eat? "On-

trend edibles are always a great option," says Roberts Schey. "So macaroons, hot chocolate stirrers and gourmet popcorn are a hit this year."

"Gifts that are great are something that you love — like a favourite organic tea or honey or favourite handmade local chocolate," says Lisa Pozin, the Vancouver-based owner of Giving Gifts.

DOS...

If you know the person and their interests, start there says Roberts Schey. "So for a yoga lover, you could try an insulated water bottle and an athletic headband. Or for a coffee drinker, a calligraphy mug," Roberts Schey also gives the thumbs up to give holiday-related items such as candles, ornaments and home decor items.

...AND DON'TS!

However avoid buying clothes or items people have to wear daily. "If they're a co-worker or close

friend and they don't love the item, you don't want them feeling guilty every day they don't wear it around you."

And if you don't know the person well, opt for a more gender neutral low-key item. "Don't buy something that is over-the-top or a crazy colour or way out there," says Pozin.

Try to be modest and neutral with your gift so that it really will appeal to anyone that gets it, not just the person that you think might get it."

Also, Roberts Schey adds, don't go over the price limit. "It just makes people feel uncomfortable and takes away all the fun."

And don't regift! While regifting is a little more acceptable these days, you're taking chances doing it in the Secret Santa office pool.

"If you have bad luck, the person that gave it to you will notice and you'll be embarrassed for the next year," says Pozin.

NEED MORE IDEAS FOR YOUR SECRET SANTA?

Gift ideas under \$20



1 4-pack striped whiskey glasses, \$12.96, Walmart.

2 The Original Chicken

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\$10, available at major retailers including Loblaw's, Walmart and Shopper's Drug Mart.

3 Anna Karenina: A Colouring

Book Love Story, \$16, and Double-Sided Colouring Pencils, \$12.50, Indigo, chapters.indigo.ca.

4 Canadiana Cookie Cutters, \$8.47, Walmart.

5 Bison Bracelet, \$14, Sporting Life, sportinglife.ca.

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The most techie time of the year

FROM LAPTOPS TO TABLETS

Maximize those holiday deals to start 2016 in style

Marc Saltzman

Good news for those putting off the inevitable computer upgrade: there's never been a better time to buy one.

Between Black Friday sales, pre-holiday bargains and Boxing Week, retailers are looking to clear out their inventory to make way for 2016 models.

Not only can you take advantage of falling prices, but there are many brands to choose from, along with varying form factors, screen sizes and specifications ("specs").

But choosing the right device to match your needs and budget can be overwhelming. Here's a look at some recommended laptops, tablets and laptop-tablet hybrids, called "2-in-1s" to help you out.

Laptops

For those who prefer a classic clamshell laptop design with a large screen, full-sized keyboard, and multiple ports.

- If budget is limited, consider the blue HP Stream (\$299), a 13.3-inch laptop powered by an Intel Celeron N3050 (1.6GHz) processor, 2 gigabytes of system memory (RAM) and 32-gigabytes of SSD flash memory – which is more durable, lighter and better on battery life than a hard drive. This Windows 10 PC also houses two USB 3.0 ports, a memory card reader, and DTS Sound+ with dual speakers.

- Thin is in with the ASUS Zenbook UX305 (\$899), a slender 13.3-inch computer that's only 0.5-inches thick and weighs just 2.6 pounds. Under the hood is an Intel Core M-5Y10 processor. This laptop also benefits from 8 gigabytes of system memory,

and 256 gigabytes of SSD storage. A Best Buy exclusive, this gold-coloured laptop ships with Windows 8.1, but can be upgraded to Windows 10 for free.

2-in-1s

As the name suggests, 2-in-1s are both a laptop and tablet in one device. These versatile PCs include a keyboard and trackpad for when you need to get work done, but they also let you use your fingertip to tap, swipe and flick on a multi-touch display.

- The Dell Inspiron 15 7000 Series 2-in-1 (\$829.99) features a large 15.6-inch LED-backlit screen on a hinge, so it can be flipped back 360-degrees to put it in tablet mode. Not only is the keyboard now tucked underneath and out of the way, but it's disabled so you can't accidentally press keys. One of the two USB 3.0 ports has a PowerShare feature, which lets you use the 2-in-1's battery to charge other devices, like your smartphone. This Dell is equipped with Windows 10 and powered by a 6th Generation Intel Core i3 processor.

- Give the best of both worlds with the ASUS Transformer Book T100 (\$299.99). This 10.1-inch computer has a QWERTY keyboard and trackpad for typing up an essay or sales report, but when it's time to kick back and relax on the couch – perhaps to read an ebook, watch a video, play a game or browse the web – simply detach the touchscreen and use it with your fingertips. Together, this screen and keyboard weighs just 1.2 pounds. Battery life tops 11 hours between charges.

Tablets

Smaller, lighter, and thinner, a touchscreen tablet also offers better battery life than a laptop.

- From \$439, Apple's iPad mini 4 has a stunning 7.9-inch Retina display, a powerful A8 chip for fast performance, dual cameras, a Touch ID fingerprint sensor for convenient authentication, and the new iOS 9 operating system supports multi-tasking for iPad (be it split-screen or picture-in-picture). The App Store is a convenient way to access high-quality and inexpensive apps. A cellular option takes a SIM card for Internet access without requiring a Wi-Fi hotspot.

- If the popular Android platform is more your thing, Samsung's Galaxy Tab S2 (from \$499.99 for 8-inch version) is the tech giant's flagship tablet. With its ultra-realistic screen, blazing octo-core processor and ample storage options, the Galaxy Tab S2 might just be your go-to companion for work and play. Also sold as a 9.7-inch model (from \$599.99), the Galaxy Tab S2 is available with 4G/LTE connectivity.

- For those who demand desktop-like performance, a full Windows experience, and PC-like ports such as USB and microSD, Microsoft's Surface Pro 4 (from \$1,179) is garnering quite a buzz among mobile professionals.

- Microsoft's 4th generation product is a powerful, 12.3-inch Windows 10 Pro tablet that supports multiple magnetic covers with an integrated keyboard and trackpad. Like previous models, there's also a multi-angle kickstand in the back to prop up the tablet.



1 ASUS Zenbook UX305 laptop computer (\$899)

2 Dell Inspiron 15 7000 Series 2-in-1 (\$829.99)

3 Samsung Galaxy Tab S2 (from \$499.99 for 8-inch version)

4 Apple iPad Mini 7.9-inch Retina display (From \$439)



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Newest gadget gifts for kids

Marc Saltzman

Nothing says “happy holidays” to the gadget lover more than a new tech toy tied up in a bow.

To simplify your shopping, we’ve hand-selected the top tech items and accessories for kids, tweens and teens ranging from \$77 to \$539.

Don’t worry; we won’t tell if you decide to stick one under the tree for yourself.

I’m with the band

Even if you’re not a fan of the game Minecraft, you know someone who is. Downloaded more than 21 million times, the hit indie game was bought

by Microsoft for \$2.5 billion late last year — and now it’s playable on your wrist.

Called Gameband + Minecraft (\$99.99), this USB bracelet with integrat-



ed memory holds the game inside, so all gamers on the go need to do is plug it into a PC and play it off the device itself — access to all your worlds, maps, texture packs and saved data is included. This is especially ideal for kids who don’t have their own computer, as it allows them to plug and play without installing the software on other computers. And yes, it tells time, too.

Look ma, no hands!

Electric skateboards are one of the hottest tech toys of the year, but beware the many copycat brands out there with cheap materials and low-grade batteries. Instead, the Swagway X1 (\$539.99) is a high-quality, zero-emission, self-balancing electric skateboard that only uses Samsung and LG batteries.

Go forwards and backwards up to 16 kilometres per hour by simply leaning in a given direction. Steering and stopping are equally easy thanks to its internal gyroscope and ac-

celeration sensors that react based on your centre of gravity (blue LED lights flash to indicate which direction you’re turning). Available in red, dark red, white, blue, green, black or pink.

It’s epic

Designed for kids age three to nine, the LeapFrog Epic (\$169.99) is a 7-inch Android-based tablet with a number of exclusive features: a first-of-its-kind playable home screen with daily surprises to tap on; preloaded educator-approved content, such as games, activities and ebooks; and access to the LeapFrog Store for more than a thousand downloads and none with in-app purchases or third-party ads.

A LeapSearch Browser offers a protected online environment with curated websites, games and videos for your child. Parents can also set time limits and manage content. And if and when the child is ready, mom and dad can unlock access to the Amazon Appstore



and a full web browser.

Sound advice

As the name suggests, the Kidz

Gear Bluetooth Stereo Headphones (\$77.99) are wireless headphones that can be paired with any Bluetooth-enabled music player, such as a smartwatch, smartphone, iPod touch, touchscreen tablet or laptop.

Available in multiple colours, the headphones include a patented removable omnidirectional boom microphone, ideal for chatting online while playing computer games or for using apps that teach language (such as Duolingo). The headphones charge up through a bundled USB cable. A non-wireless version sells for \$49.99 with a boom mic or \$39.99 without.



May the droid be with you
You might’ve heard about a little ‘ol movie sequel coming out in December — Star Wars: Episode VII — The Force Awakens — and with it will come some pretty cool merchandising.

One that’s garnering a lot of buzz is Sphero’s BB-8 (\$189.95), an app-enabled Droid that recognizes your voice, responds to your commands, displays a variety of expressions and can patrol its surroundings autonomously. BB-8 also allows kids (er, or kids at heart) to record and check out cool virtual holographic videos.

The rechargeable lithium polymer battery allows for one hour of drive time.

On a related note, kids who’d prefer a flying drone with integrated camera might opt for the Parrot Mini-Drone Airborne Cargo (\$139.99) or MiniDrone Airborne Night (\$179.99).

The whole tooth

Before you roll your eyes about gifting a

toothbrush, consider the Oral-B SmartSeries 5000 Power Toothbrush with Bluetooth (\$199.99) — get it, blue “tooth”? — sends information on your brushing to a nearby app, such as how long you’re brushing, which quadrant you might be neglecting in your mouth (like upper right) and if you’re applying too much pressure or not.

The free app for mobile devices can also show you additional info, if desired, such as news headlines and weather info to read while you’re brushing.

Of course, it’s also a stellar electric toothbrush that delivers 40,000 pulsations and 8,800 oscillations per minute with different cleaning modes.

1 Kidz Gear Bluetooth Stereo Headphones, \$77.99, amazon.ca

2 Oral-B SmartSeries 5000 Power Toothbrush with Bluetooth, \$199.99, londondrugs.com

3 LeapFrog Epic, \$169.99, leapfrog.ca

4 Sphero’s BB-8, \$189.95, chapters.indigo.ca






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50 years of eye service in Alberta

Fifty years of quality eye service to Albertans is a milestone worth celebrating for Gimbel Eye Centre. It's a rare accomplishment but the special feat is the result of world-class patient care and innovation, according to Gimbel's Chief Operating Officer Gregg Becker.

"Our world-class procedures and innovation has propelled us forward as leaders of in the provision of safe, high-quality and cost-effective eye surgery, and our teams combine for over 500 years of experience," he says, adding patients receive nothing but the best in technology and service.

"We're committed to a thorough assessment process, taking the time and tests needed to ensure we provide the best options for our patients."

Gimbel uses all-laser technologies for refractive surgery, providing the safest results and great vision at prices that are always competitive.

"Our surgeons began practicing in the



SHUTTERSTOCK

areas of cataract and refractive laser surgery when the field was relatively new, and are well known world-wide as innovators in surgical practice, and the procedures they pioneered are now common across the industry," Becker adds.

Gimbel Eye Centre has recently added a new procedure called KAMRA Inlay to help restore near vision.

"It's used to help patients reduce or eliminate their use of reading glasses. This has been done widely in other parts of Canada and the world, but is relatively new in Western Canada."

For more information, visit gimbel.com.

CUTTING EDGE OPTIONS FOR HAIR RESTORATION

Hair loss affects both men and women — but there are treatments that can help alleviate or rectify hair loss including new cutting edge men's hair replacement options.

There are beneficial treatments available to battle hair loss, according to Hair Restoration Services (HRS) owner Arlene Forster, who says hair replacement is a non-surgical and natural looking way to have a full head of hair within hours. HRS offers in house laser treatments for hair loss.

"We help people look and feel their best so that they can restore, repair and rejuvenate themselves. While 80 per cent of our clients are men, women suffer from hair loss, too."

Forster is excited to share the latest advancements in men's hair replacement, with state-of-the-art hair options including Ultra-Thin cuti one and two, which she says is affordable while appearing completely natural. Forster says one major benefit of using the system is avoiding expensive monthly payments and paying as you go.

"Each hair is placed into the transparent thin skin hair base with a new state of the art injection method, which makes it look like



CONTRIBUTED

the hair is growing directly from your scalp," she adds.

Ultra-Thin Skin Hair Systems can be cut as needed and is the most flexible hair base when it comes to styling hair.

HRS of Calgary Inc. is an 11-time recipient of the Consumer Choice Award from 2005 until 2015 and is known for its reputation, integrity and results.

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TREATMENT THAT WORKS

Acupuncture is an important component of Traditional Chinese medicine, which is becoming a very valuable alternative to treat many ailments in the Western world. While acupuncture has been around for over 3,000 years, its many benefits have recently been in the spotlight, according to Calgary's Green Leaf Centre Dr. Yi Fu, who says the practice is a reliable way to treat many conditions.

"Acupuncture is a family of procedures involving stimulation of anatomical locations on or in the skin by a variety of techniques, and there are many significant health benefits to the treatment," Dr. Fu says. "Unlike taking medicine there are no side effects and the treatment allows more accuracy by targeting specific areas. The practice works very quickly,

even within minutes to help ease a cold, for example," he says.

"Acupuncture can treat inner issues by treating the outside of the body and it actually improves the body's functions and promotes the natural self-healing process by stimulating specific anatomic sites and restoring balance to the body." Hundreds of clinical studies on the benefits of acupuncture show that it successfully treats many conditions. "It's been known to help ease back pain, neck pain as well as nausea, migraine headaches, anxiety, depression, insomnia, infertility and it can even help with weight loss."

The Green Leaf Health Centre specializes in acupuncture as well as various types of massage. Visit greenleafhealthcentre.com for more.

Get through the winter at the spa

There is nothing better than a spa treatment to get you through the cold dry winter and Calgary's ultimate urban escape has just the right remedies.

With winter upon us and Christmas around the corner, it's the perfect time to consider a spa treatment at Santé Spa at Hotel Le Germain - a luxury spa located on the top floor of the hotel high - according to marketing director Arthur Dick.

"Santé Spa at Hotel Le Germain is a hidden gem where guests can enjoy the tranquility of feeling like a celebrity while indulging in much needed relaxation or their ritual of spa maintenance," she says. "The spa offers a perfect balance to the adrenaline-fueled pace of modern life with a unique menu of rejuvenating spa treatments and advanced skincare."

Whether it's a Christmas gift to yourself or a loved one, Santé Spa makes it easy to indulge with popular spa treatments including



facials, manicures and of course, massages.

"With Christmas just around the corner, gift cards are always the perfect size, shape or colour for gift giving. They are easy to wrap and you don't even have to leave the comfort of home as they're available online."

Santé Spa Calgary recently consolidated its operations from its 4th St. S.W. location into the spa at Hotel Le Germain and now offers free valet parking at a central, convenient location, just 5 minutes from the previous location.

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Liverpool qualified for the last 32 of the Europa League thanks to a Christian Benteke goal, while Celtic is knocked out by Ajax 2-1

Reilly praised for his IQ

103RD GREY CUP

Edmonton QB blends smarts with hard-nose mentality

Mike Reilly focused as much on his grades as he did on football while growing up.

The Edmonton Eskimos quarterback graduated from Central Washington University with a 3.6 grade-point average and a mechanical engineering degree.

"I just always really liked math and numbers and puzzles and things like that and trying to figure things out," Reilly said Thursday. "My favourite course in college, honestly, was probably physics. And it was calculus for a while until I got into 300-level calculus and then I was like, 'Ah, this stuff is crazy. I don't like this anymore.'"

He even used his degree between being released by the NFL's Pittsburgh Steelers in September 2009 and being signed by the Green Bay Packers two months later.

"I worked designing H-VAC

(heating, ventilation and air conditioning) and plumbing systems for a processing plant," Reilly said of the job near his hometown of Kennewick, Wash. "It was an experience. I like football a lot better, for sure. That's why they tell you to get your degree, so that when you fall on hard times you've got something to fall back on."

Reilly, 30, has held down a job he loves since signing with the B.C. Lions in 2010 before being traded to Edmonton in 2013.

As his Eskimos prepare to take on the Ottawa Redblacks in Sunday's Grey Cup, coaches and teammates praise Reilly for his brains, leadership and toughness.

"Just putting things together, understanding how it works, he's very cerebral," Edmonton offensive co-ordinator Stephen McAdoo said.

"He probably doesn't get enough credit for his mind and how he handles things out on the field. If you're looking at his grades and what he did back in college, it probably coincides with what he does now."

McAdoo, a former offensive lineman who's been around a



Eskimos quarterback Mike Reilly puts on a cape from interviewer Cabbie Richards during a media availability on Thursday.

RYAN REMIORZ/THE CANADIAN PRESS

lot of quarterbacks, put Reilly up there with Toronto's Ricky Ray and former Montreal pivot Anthony Calvillo.

"Probably the biggest thing that I get from Mike, and you can probably ask anybody around this league that knows him or has played against him,

is he's one of the toughest competitors around," he said.

"He's very tough. I love him for that, but I try to get him to understand I don't need him to be tough all the time," he added. "There's smart times to be tough. Don't take unnecessary hits." THE CANADIAN PRESS

89.8

Reilly played just 10 games this regular season due to torn ligaments in his left knee. He still managed to complete 65 per cent of his passes and posted a 89.8 passer rating — both are highs for him as an Eskimo.

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Romo's roughed up as Newton rolls on

NFL

Panthers stay perfect with a demolition job in Dallas

Cam Newton is still perfect this season. But Tony Romo might be out for good with the same injury that sidelined him for seven games.

Newton got a big boost from a defence that returned two of Romo's three interceptions for touchdowns, and the Panthers ran their NFL-best winning streak to 15 regular-season games with a 33-14 victory over the Dallas Cowboys on Thursday.

Romo injured the same left collarbone that sidelined him for all seven games of a losing streak that damaged the playoff hopes for the defending NFC East champion Cowboys (3-8).

The 35-year-old with a surgically repaired back said he would have to wait for more test results before knowing if he broke the collarbone again. He was injured in Week 2 at Philadelphia and said this injury had a similar feel. Carolina linebacker Luke Kuechly intercepted two straight passes by Romo, returning the first 32 yards for a touchdown.

Safety Kurt Coleman picked off Romo's second pass of the game and took it back 36 yards for the score to help the Panthers become the 16th NFL team to start a season 11-0.

Newton did his part as well, getting Carolina's only offensive touchdown on a 4-yard run for a 30-6 lead moments before Romo's injury. He had 183 yards passing with several



Dallas quarterback Tony Romo is helped off the field by team staff after suffering another injury in the second half of the defeat to the Panthers Thursday. BRANDON WADE/THE ASSOCIATED PRESS

THURSDAY in TEXAS

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COWBOYS PANTHERS

key third-down conversions and another 45 yards rushing.

On the second play of Dallas' possession after Newton's score, Romo was hit by a blitzing Thomas Davis and went down on his left shoulder.

Romo went on injured reserve with a designation to return after the first injury, and the Cowboys couldn't win without him. Coach Jason Gar-

rett wouldn't rule out Romo returning this season, and said he would play if he was cleared even with the Cowboys (3-8) unlikely to have a realistic shot to defend their NFC East title.

"It was tough. We worked hard to come back. I feel like in some ways I just couldn't quite get myself into the same mental framework," Romo said.

"When I say that, I mean just the way that I'm used to playing. I needed to take a little more time. Some of the decisions and poor decisions that I made were just uncharacteristic and very frustrating and cost our team today."

THE ASSOCIATED PRESS

+ LIONS FEAST

Detroit so thankful for its twin superstars

Matthew Stafford and Calvin Johnson combined for one of the best games of their careers, helping the surging Detroit Lions keep the Philadelphia Eagles reeling in their third straight Thanksgiving win.

Stafford tied a career high with five touchdown passes. Three of them were to Johnson in a 45-14 rout of Philadelphia on Thursday. THE ASSOCIATED PRESS

IN BRIEF

Habs have to count cost of goaltender Price's absence

Montreal Canadiens goaltender Carey Price will miss at least a week due to a nagging lower-body injury.

Price played the first 40 minutes in a 5-1 victory over the New York Rangers on Wednesday but did not return for the third period.

Head coach Michel Ther-

rien said Thursday that Price has been put on the injured list. On Wednesday night, he said the lower-body injury was the same one that kept Price out for nine games earlier this season.

The Canadiens will rely on rookie Mike Condon to minimize the impact of Price's absence.

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RECIPE Sweet Potato Shepherd's Pie



PHOTO: MAYA VINCEI

Ceri Marsh & Laura Keogh
For Metro Canada

We've updated this classic comfort food dish with a healthy topping of mashed sweet potatoes.

Ready in
Prep time: 60 minutes
Serves 8

Ingredients

- 2 lb organic lean ground beef
- 2 large cloves garlic, diced
- 3 sticks celery, diced
- 2 yellow onions, diced
- 2 large carrots, diced
- 1 1/2 teaspoon salt, divided
- 1/2 teaspoon pepper
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 1 tsp cinnamon
- 1 tsp dried oregano
- 2 Tbsp flour
- 1/2 cup beef broth
- 1/4 cup water
- 6 drops of Worcestershire sauce
- 2 large sweet potatoes, cut into even-sized wedges
- 1/2 cup milk
- 3 Tbsp butter

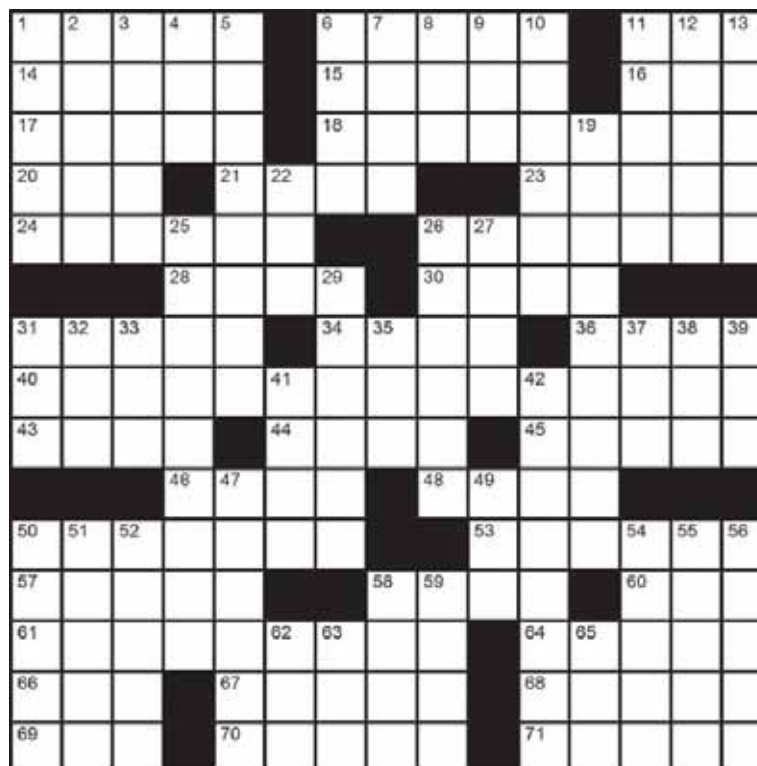
Directions

1. Preheat the oven to 350 F.
2. In a large Dutch oven, cook beef over medium heat until browned, about 10 minutes.
3. Stir in garlic, celery, onions, carrots, pepper, chili powder, cumin, cinnamon, oregano and 1 tsp of salt. Cook, stirring occasionally, until vegetables are tender, about 15 minutes.
4. Stir in flour; cook for 1 minute. Add broth, water and Worcestershire sauce; simmer for 3 minutes. Divide mixture between two 8-inch baking dishes.
5. Meanwhile, in large pot of boiling salted water, cook sweet potato until tender, about 12 minutes. Drain and return pot to low heat. Stir in milk, butter and remaining salt; mash until smooth. Spread evenly over beef.
6. Bake until bubbly at the edges, about 35 minutes. Or cover with plastic wrap and then foil and freeze for up to 1 month. Bake, uncovered and frozen, in 350 F oven for 50 to 60 minutes.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Fastened: 2 wds.
6. Morning times: acronym + abbr.
11. Ms. Monroe, mini-ly
14. _ _ -porter
15. Tamarack _ (NWT's official tree)
16. 'Brit' suffix
17. Classic fabric
18. Territory just outside Montreal where the Mohawk ironworkers who worked on #50-Across (as well as other buildings and bridges in North America for more than a century) are from
20. Veggie of Japan
21. Mr. Sachedina (Correspondent, CTV National News)
23. B-movie prop, _ ray gun
24. Melancholy in mood
26. Food storage items
28. 'Euclid' and 'Jacob' suffixes
30. Ms. Poehler's
31. Render revolverless
34. Seep slowly
36. Colosseum outfit
40. Dsquared2 is the fashion brand of these identical Canadian twin brothers: 4 wds.
43. Spectacles holders
44. Egypt-themed opera
45. Many times
46. Piouette-maker's garb

48. Shingles site
50. _ Tower aka One World Trade Center (New York's tallest skyscraper)
53. Greatly grasp
57. Swift
58. Lingerie pieces
60. 1985 chart-topper: "We _ the World"

61. Travel plan
64. Happen
66. Jiffy
67. Rapsallion
68. Got along
69. ms. lang, et al.
70. Mary, Queen of _
71. Guitar bars

DOWN

1. Grade below C Minus: letter + wd.
2. 'Rainbow'-meaning prefix
3. Religion branch [abbr.]
4. Sport- _ (All-purpose vehicle)

5. Vista
6. _ -Seltzer
7. Volcanic crater
8. Royal's title letters
9. Mil. force since 1910
10. "Only Love" feat. Pitbull & Gene Noble is a current song by what Grammy-winning

- reggae star?
11. Florida city
12. Billy Joel's "Don't _ _ Why"
13. Ostrich-like birds
19. Johanna _ , CBC News Now meteorologist
22. Gents
25. Dr. Stanley K. _ (Canadian weight loss physician)
26. Grand _ (Istanbul marketplace)
27. Preacher's closer
29. Dietary concern
31. 'Quiet' add-on
32. PBS funding org.
33. Swiss river, variantly
35. Unpaired
37. Slugger Mel
38. "Sheesh!"
39. The way Miss Shirley doesn't spell her name
41. 1949-created intl. alliance
42. Becomes less hot: 2 wds.
47. Farm milk dispensers
49. Goose, in Italy
50. Search, security-style
51. Ranked
52. The Odyssey, and others
54. Mother-of-pearl
55. Oil holder in the kitchen
56. Does a Border Collie's work
58. _ After Shave
59. Deli breads
62. Legendary bird
63. Past
65. Elevator _

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
If someone places an obstacle in your path your reaction will be to smash it to pieces. Such an extreme reaction could have unforeseen consequences, so find a compromise.

Taurus April 21 - May 21
If you let your suspicions get the best of you you might miss out on something fun. Not everyone is out to get you or grow rich at your expense. Don't be so defensive.

Gemini May 22 - June 21
It does not matter what feuds you've had in the past, it only matters now that you work together on something that you both believe in. You can do a lot of good if you join forces with like-minded people.

Cancer June 22 - July 23
You can't force people to change their ways. You may try to persuade them, but they must be free to make their own mistakes. We learn most from the things we get wrong.

Leo July 24 - Aug. 23
Cosmic activity in the communications area of your chart means you have plenty to say for yourself. Make sure that your words are positive and progressive because a lot of people will take what you say seriously.

Virgo Aug. 24 - Sept. 23
You will have to make some unpopular decisions. Don't waste time worrying about what other people might think, just do what needs to be done.

Libra Sept. 24 - Oct. 23
Mars in your sign gives you the courage to take risks but they are more likely to pay off if you allow yourself to be guided by what your inner voice is trying to tell you.

Scorpio Oct. 24 - Nov. 22
If you do not feel comfortable then get up and leave. You must not put your own needs on hold just to make others feel good. On the contrary, your first duty is always to yourself.

Sagittarius Nov. 23 - Dec. 21
You'll find it easy to get support today, let others know that what you do for yourself you'll also do for them. It may not be entirely true but if you succeed they will certainly get a share of the spoils.

Capricorn Dec. 22 - Jan. 20
You've lost your direction lately but today your aim is crystal clear: you know exactly what you are doing and why you are doing it. Make sure you don't lose sight of your target again.

Aquarius Jan. 21 - Feb. 19
You need to bring problems and worries into the open where they can be discussed and dealt with. Don't go looking to blame others and you will find it easy to reach a compromise.

Pisces Feb. 20 - March 20
A chapter in your life has been finished and it is time to move on. There may be one or two tears but that is natural and nothing to be ashamed of. What comes next will be much more enjoyable.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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		8		9				
		6			7			
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